

Winter Group Training & Class Schedule January 11th, 2010 – May 1st, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 7:30	Super Circuit Training Plus			Team Fit Training		
9:00 9:30	ABSolute Core Training		ABSolute Core Training			
9:30 10:30	Cardio Body Blitz	Core Pilates	Cardio Body Blitz	Core Pilates	Cardio Body Blast	Organic Stretch
10:30 11:30	Vital Yoga	Tai Chi	NEW Bone Building Workout	Vital Yoga	NEW Bone Building Workout	Lean Teen
1:15 2:15	NEW Bone Building Workout		Zumba		NEW Belly Fit	Zumba 11:30 – 12:30
4:30 5:30	Lean Teen Boot Camp		Lean Teen Body Blitz			
5:30 6:30		Team Fit Training			Team Fit Training	
6:30 7:30	Boot Camp Chaos	Team Fit Training	NEW Core Pilates			
7:30 8:30	Relaxing Hatha Yoga	Body Blast II	Vital Yoga	Team Fit Training		*Schedule is subject to change without notice