





















# Fall / Winter Group Training & Class Schedule

## September 8<sup>th</sup>, 2009 – January 9<sup>th</sup>, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 7:30	Super Circuit Training Plus			Team Fit Training 			
8:30 9:30					Team Fit Training 		ABSolute Core Training 8:30 – 9:00 
9:00 9:30	ABSolute Core Training Sept 8 – Dec 23 		ABSolute Core Training Sept 8 – Dec 23 				Team Fit Training 9:00 – 10:00 
9:30 10:30	Cardio Body Blitz 	Core Pilates	Cardio Body Blitz 	Core Pilates	Cardio Body Blast 	Organic Stretch	Yin Yoga for Couples 10:00 – 11:00 
10:30 11:30	Vital Yoga 	Tai Chi Fit	Bone Building Workout 	Vital Yoga		Belly Fit 	
1:15 2:15	Sexy Salsaerobics		Sexy Salsaerobics				
4:30 5:30	Lean Teen Boot Camp	Team Fit Training 	Lean Teen Body Blitz 	Lean Teen Super Circuit 	Team Fit Training 5:30 – 6:30		
6:30 7:30	Boot Camp Chaos		Boot Camp Pump 		Yin Yoga 		
7:30 8:30	Relaxing Hatha Yoga	Body Blast II 	Vital Yoga	Team Fit Training 		*Schedule is subject to change without notice	