

## Winter Schedule Beginning January 7th, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			Metabolic Blast Pam		Metabolic Blast Pam		
	Vinyasa Clare	Cycling Hope	Vinyasa Maggins	Cycling Blakely	Vinyasa Maggins		
7:00		Sculpt & Stretch Hope		Sculpt & Stretch Pam			
7:30							
8:00						Cycling Blakely	Cycling Verity
8:15	Vinyasa Peggy	Ashtanga Susanne	Vinyasa Peggy	Ashtanga Cynthia	Vinyasa Maggins		
8:45						Vinyasa Cynthia	**Vinyasa Lisa
9:00	Circuit Neville		Circuit Neville		Circuit Neville	Circuit Noelle	Zumba Viviane
9:15		Barr Viviane		Barr Viviane			
9:30	**Vinyasa Brigit	**Vinyasa Cynthia	**Vinyasa Alyssa	**Vinyasa Cynthia	**Vinyasa Brigit		
10:15						**Vinyasa Cynthia	**Vinyasa Nicole
	Barr MJ	Zumba Myla	Barr MJ	Zumba Toning Myla	Barr MJ	Mat Pilates Noelle	
10:30		Boxing Bobby		Metabolic Blast Pam	Boxing Bobby		
11:15					**Gentle Skaila	Barr Peggy	
11:45							Basics Yoga Eve Marie
12:00		Mat Pilates Noelle		Barr Peggy			
12:45							Men's Only Boxing Bobby

### Evening Classes

4:00							**Vinyasa Peggy
6:00	Boot Camp Hope	**Vinyasa Catherine	Circuit Hope	**Vinyasa Clare			
6:15	**Vinyasa Jill						
7:00	Cycling Hope		Cycling Hope				
7:15	Zumba Christina						

Please make reservations for all classes.  
Classes without reservation may be cancelled 12 hours in advance.

\* Intermediate and advanced participants.

\*\* 75 minute class.