



MULTI-PURPOSE ROOM SCHEDULE 2008



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM						
6:00AM	Simply Step	Total Body Conditioning	Simply Step	Total Body Conditioning	Simply Step	
6:30AM	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	
7:00AM						
7:30AM						
8:00AM	Pilates for Everyone	Zumba	Pilates for Everyone	Zumba	Pilates for Everyone	
8:30AM	8:00-9:00	8:15-9:00	8:00-9:00	8:15-9:00	8:00-9:00	Simply Step
9:00AM	Step Challenge	Muscle Works	Cardio Kickbox	Total Body Conditioning	Boot Camp	8:30-9:30
9:30AM	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	Total Body Conditioning
10:00AM						9:35-10:35
10:30AM	Silver Streak	Functional Fitness	Silver Streak	Keep Beat in Your Seat 10:30-11:30	Silver Streak	
11:00AM	10:30-11:30	10:30-11:30	10:30-11:30	Functional Fitness 10:30-11:15	10:30-11:30	
11:30AM				Music & Movement		
12:00PM				11:15-12:00		Youth Theater 1 12:00-1:30
12:30PM	Let's Dance 12:30-2:00	Zumba	Music Matters 12:30-2:30	Zumba		
1:00PM		12:30-1:15		12:30-1:15		
1:30PM						Youth Theater 2 1:30-3:00
2:00PM	Music Matters 2:00-3:30				Entertainment Explosion 2:00-4:00	
2:30PM						
3:00PM						
3:30PM						
4:00PM			Hip-Hop			Hip-Hop
4:30PM	Zumba	Karate	3:00-5:00	Karate	Zumba	3:00-6:00
5:00PM	4:30-5:30	4:30-5:30		4:30-5:30	4:30-5:30	
5:30PM	Step & Core Challenge	Total Body Conditioning		Total Body Conditioning	Step & Core Challenge	
6:00PM	5:30-6:30	5:45-6:45	Step & Core Challenge	5:45-6:45	5:30-6:30	
6:30PM			5:30-6:30			
7:00PM	Tai Chi	Tae Kwon Do	Tai Chi	Tae Kwon Do		Middle School Late Night
7:30PM	7-8:30	7:00-8:00	6:45 - 8:15	7:00-8:00		7:00-10:00

* Schedule is subject to change *

Updated 11-March-08