

MULTI-PURPOSE ROOM SCHEDULE FALL/WINTER 2009

	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	Zumba	Pilates	Zumba	Pilates	Zumba*
8:30AM	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:30-9:30
9:00AM	Muscle Works	Step Challenge	Total Body Conditioning	Cardio Kickbox	Boot Camp	
9:30AM	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	Step & Core Challenge
10:00AM						9:35-10:35
10:30AM	Silver Streak	Functional Fitness	Silver Streak	Functional Fitness	Silver Streak	
11:00AM	10:30-11:30	10:30-11:15	10:30-11:30	10:30-11:15	10:30-11:30	
11:30AM						
12:00PM	Zumba Gold		Zumba Gold			
12:30PM	11:45-12:45	Zumba	11:45-12:45	Zumba	Music Matters	
1:00PM		12:30-1:30		12:30-1:30	12:30-2:00	
1:30PM	Let's Dance 12:45-1:45					
2:00PM		*Minute Mania		*Minute Mania		
2:30PM	Exercise &	2:00-3:00	Exercise &	2:00-3:00		
3:00PM	Thrive		Thrive			
3:30PM	2:00 - 3:30		2:00 - 3:30			
4:00PM						
4:30PM	Zumba	Karate		Karate	Zumba	
5:00PM	4:30-5:30	4:00-5:30		4:00-5:30	4:30-5:30	
5:30PM	Step & Core Challenge		Step & Core Challenge		Itty Bitty Cheer	
6:00PM	5:30-6:30	Total Body Conditioning	5:30-6:30	Total Body Conditioning	5:30-6:30	
6:30PM		6:00-6:55		5:45-6:55		
7:00PM	*Zumba	Tae Kwon Do	*Zumba	Tae Kwon Do	*Zumba	Middle School Late Night
7:30PM	6:45-7:45	7:00-8:00	6:45-7:45	7:00-8:00	6:45-7:45	7:00-10:00

* Schedule is subject to change *