

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30-7:30 AM
BOOTCAMP

6:15-7:00 AM
KICK

7:15-8:00 AM
FIT YOGA

6:30-7:30 AM
BOOTCAMP

6:15-7:00 AM
KICK

7:15-8:00 AM
FIT YOGA

6:30-7:30 AM
BOOTCAMP

9:00-9:45 AM
DETOX

10:00-11:00 AM
DREAM YOGA

11:15-12:00 AM/PM
KICK

12:15-1:00 PM
SUBMISSION

12:00-12:45 PM
RIPPED

12:15-1:00 PM
SUBMISSION

12:00-12:45 PM
RIPPED

11:45-12:15 AM/PM
RECESS

12:30-1:00 PM
SIX PACK

5:30-6:00 PM
SIX PACK

5:15-6:00 PM
PLYO-FLEX

6:15-7:00 PM
ROCKBAND

5:30-6:00 PM
SIX PACK

5:15-6:00 PM
PLYO-FLEX

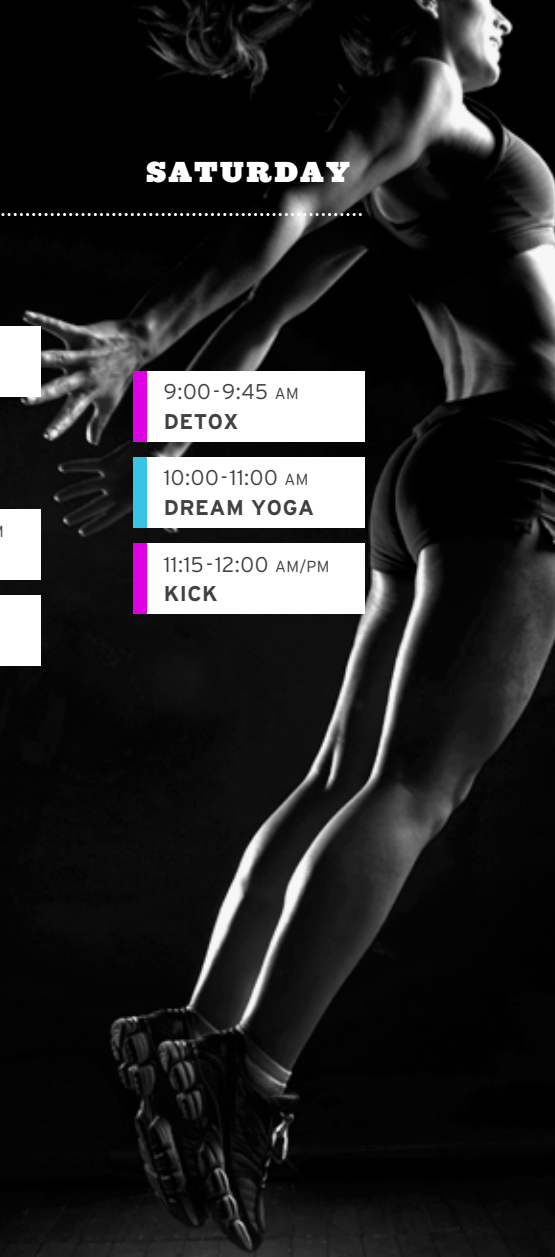
6:15-7:00 PM
ROCKBAND

6:15-7:15 PM
BUNS & GUNS

6:15-7:15 PM
BUNS & GUNS

7:30-8:30 PM
DREAM YOGA

7:30-8:30 PM
DREAM YOGA



INDOOR // GROUP CLASSES
SUMMER 2010

POINT SYSTEM KEY
15 MIN = 1 POINT

- 4 pts / 60 min
- 3 pts / 45 min
- 2 pts / 30 min

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00-10:00 AM
**BACKYARD
DREAM YOGA**

10:00-10:45 AM
**BACKYARD
PLYO-FLEX**

9:00-10:00 AM
**BACKYARD
DREAM YOGA**

10:00-10:45 AM
**BACKYARD
PLYO-FLEX**

9:00-10:00 AM
**BACKYARD
DREAM YOGA**

11:00-12:00 AM/PM
**BACKYARD
BOOTCAMP**

11:45-12:15 AM/PM
**BACKYARD
RECESS**

11:45-12:15 AM/PM
**BACKYARD
RECESS**

1:00-2:00 PM
**BACKYARD
BOOTCAMP**

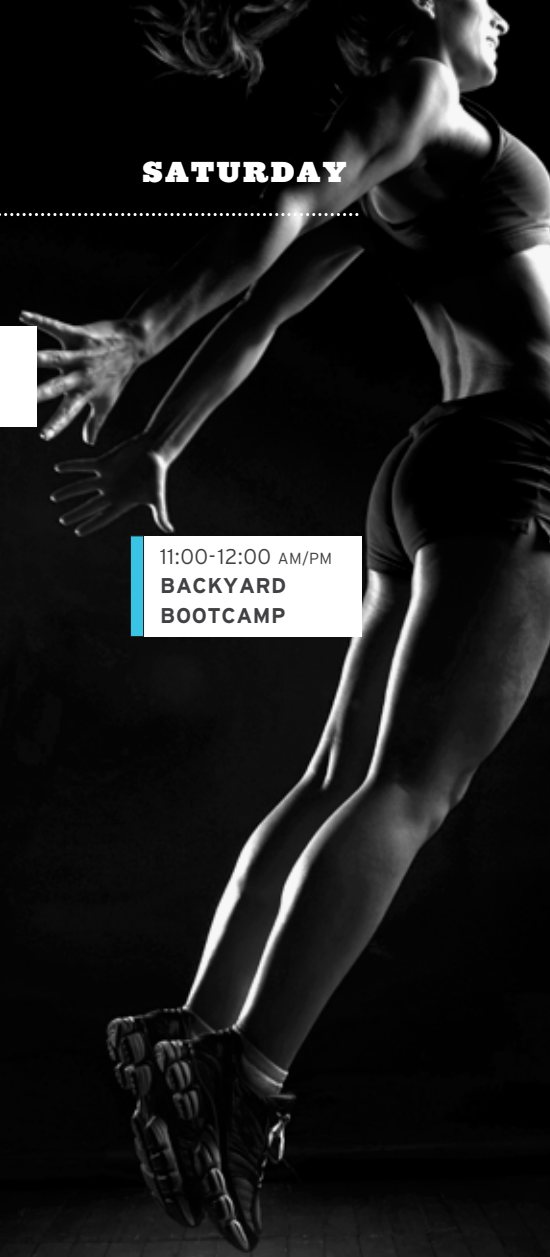
1:00-2:00 PM
**BACKYARD
BOOTCAMP**

5:00-6:00 PM
**BACKYARD
CIRCUITRY**

5:30-6:15 PM
**BACKYARD
POWER PLAY**

5:00-6:00 PM
**BACKYARD
CIRCUITRY**

5:30-6:15 PM
**BACKYARD
POWER PLAY**



OUTDOOR // GROUP CLASSES
SUMMER 2010

POINT SYSTEM KEY
15 MIN = 1 POINT

- 4 pts / 60 min
- 3 pts / 45 min
- 2 pts / 30 min