

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:15 Bodypump 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	5:30 BootCamp 12:30 Abs Express 5:30 Spin 5:30 Kickboxing	5:15 Spin 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Circuit 5:30 Yoga 5:30 Zumba	5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	5:15 Spin 9:45 Yoga Gold 11:30 Silver Sneakers 6:00 Circuit	9:00 BODYPUMP LAUNCH
7	5:15 Bodypump 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	5:30 BootCamp 12:30 Abs Express 5:30 Spin 5:30 Kickboxing	5:15 Spin 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Circuit 5:30 Yoga 5:30 Zumba	5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	5:15 Spin 9:45 Yoga Gold 11:30 Silver Sneakers 6:00 Circuit	9:00 Zumba
14	5:15 Bodypump 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	5:30 BootCamp 12:30 Abs Express 5:30 Spin 5:30 Kickboxing	5:15 Spin 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Circuit 5:30 Yoga 5:30 Zumba	5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	5:15 Spin 9:45 Yoga Gold 11:30 Silver Sneakers 6:00 Circuit	9:00 BodyPump
21	5:15 Bodypump 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	5:30 BootCamp 12:30 Abs Express 5:30 Spin 5:30 Kickboxing	5:15 Spin 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Circuit 5:30 Yoga 5:30 Zumba	5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	5:15 Spin 9:45 Yoga Gold 11:30 Silver Sneakers 6:00 Circuit	9:00 Zumba
28	5:15 Bodypump 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	5:30 BootCamp 12:30 Abs Express 5:30 Spin 5:30 Kickboxing	5:15 Spin 8:00 Zumba 9:00 Cardio Abs 11:30 Silver Sneakers 12:30 Circuit 5:30 Yoga 5:30 Zumba			

AEROBICS