


# MAY 2012 Studio 1 & Cycle Loft Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>							
5:45 AM	GROUP CYCLE KERRI		GROUP CYCLE KERRI		GROUP CYCLE KERRI		
6:30 AM		BASIC YOGA COURTNEY		BASIC YOGA COURTNEY			
8:00 AM	LOW TO GO BRENDA		LOW TO GO BRENDA		LOW TO GO BRENDA		
8:15 AM							SPINERVAL 75 MIN. SHARON
8:30 AM						GROUP CYCLE JONI	
8:30 AM		TOTAL BODY SCULPT SUE		TOTAL BODY SCULPT JONI		ZUMBA SANDY	
9:00 AM	BODY SCULPT INTERVAL 90 MIN. SHERYL		CARDIO CHISEL SHARON				
9:00 AM	GROUP CYCLE PAM		GROUP CYCLE SUE		GROUP CYCLE PAM		
9:15 AM					CIRCUIT SLAM BRYAN		
9:30 AM		CYCLE EXPRESS 45 MIN. SUE		CYCLE EXPRESS 45 MIN. JONI			
9:30 AM		ZUMBA SANDY		CIRCUIT SLAM SHARON		TOTAL BODY SCULPT JENNY	
10:00 AM							BASIC YOGA AMY
10:45 AM						BASIC YOGA CAROLE	
11:15 AM							BALLROOM DANCE (Pre-Pay) Karmin
<b>EVENING CLASSES</b>							
1:15 PM		WINGS FITNESS JONI		WINGS FITNESS JONI			
4:00 PM					BASIC YOGA CAROLE		
5:00 PM	TOTAL BODY SCULPT SHARON	BUTTS & GUTS 30 MIN. JONI	TOTAL BODY SCULPT JONI				
5:30 PM		CARDIO QUICK FIT 30 MIN. JONI					
5:30 PM		GROUP CYCLE MARIA		ZUMBA SANDY			
6:00 PM	CYCLE EXPRESS 45 MIN. PAM	BALLROOM DANCE (Pre-Pay) Karmin	20/20/20 ARLENE				
6:00 PM	EXTREME BLAST 40 MIN. SHARON						
6:30 PM				CIRCUIT SLAM (RPT Room) DAVE			
6:30 PM				BALLROOM DANCE (Pre-Pay) Karmin			
7:00 PM	BALLROOM DANCE (Pre-Pay) Karmin		BALLROOM DANCE (Pre-Pay) Karmin				
							
<p>All classes 60 minutes unless otherwise indicated. Classes in shaded boxes are held in our cycle loft. Please sign up for Ballroom Dance classes at our front desk. Instructors subject to change. * Zumba class cards are transferable from Studio One to Studio 4 for your convenience!</p>							