


# AUGUST 2010 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 PAT		BASIC YOGA PAT			
8:00 AM	LOW TO GO BRENDA		LOW TO GO BRENDA		LOW TO GO BRENDA		
8:15 AM							SPINERVAL 75 MIN. MEGAN
8:30 AM						GROUP CYCLE JONI	
8:30 AM		SCULPT & DEFINE SUE		SCULPT & DEFINE ANITA		ZUMBA SANDY	
9:00 AM	SCULPT & DEFINE PLUS 90 MINUTES SHERYL		STEP AEROBICS ANITA				
9:00 AM	GROUP CYCLE JONI		GROUP CYCLE SUE		GROUP CYCLE SANDY		
9:15 AM					CIRCUIT SLAM JUSTIN		
9:30 AM		CYCLE EXPRESS 45 MINUTES SUE		CYCLE EXPRESS 45 MINUTES JONI			
9:30 AM		ZUMBA SANDY		ZUMBA KIM		SCULPT & DEFINE KATHY	
10:00 AM							BASIC YOGA AMY
10:30 AM		KIDS FUN & FITNESS 30 MIN.(pre-pay)STAFF			KIDS FUN & FITNESS 30 MIN.(pre-pay)STAFF		
10:45 AM						BASIC YOGA PAT	
11:00 AM							
<b>new EVENING CLASSES</b>							
4:00 PM		TUMBLE CLINIC (pre-pay) STEPHANIE	<i>instructor!</i>				
5:00 PM	SCULPT & DEFINE ANITA	BUTTS & GUTS 30 MIN. JONI	SCULPT & DEFINE MARIA				
5:30 PM	<i>new</i>	TURBO KICK JONI					
5:30 PM	<i>instructor!</i>	GROUP CYCLE MEGAN		ZUMBA SANDY			
6:00 PM	GROUP CYCLE PAM				BASIC YOGA PAT		
6:00 PM	POWER YOGA ANNA						
6:30 PM				ALL LEVELS YOGA DENISE			
7:00 PM			CIRCUIT SLAM DAVE				248-650-6200
<p>All classes 60 minutes unless otherwise indicated. Classes in shaded boxes are held in our cycle loft. You must register and pre-pay at the front desk for Kids Fun &amp; Fitness, and Tumble Clinic. Instructors subject to change.</p>							

