

STUDIO 55 GROUP FITNESS SCHEDULE - STARTING 4/13/12

STUDIO A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	STUDIO A
5:00 A.M.	SPINNING WITH NAN		SPINNING WITH NAN		SPINNING WITH NAN			5:00 A.M.
5:30 A.M.		BURNBOXABS JOE AND NICOLE		BURNBOXABS JOE AND NICOLE				5:30 A.M.
9:00 A.M.						ZUMBA WITH KERRY/TASHA		9:00 A.M.
9:30 A.M.	ZUMBA with TASHA	Body By Baby with Tasha	ZUMBA WITH KERRY	Body By Baby with Tasha	ZUMBA TASHA			9:30 A.M.
10:00 A.M.						BODY BEAT DOWN - JAY	ZUMBA with ANDI	10:00 A.M.
10:30 A.M.	PILATES with Pam	ZUMBA GOLD SUSANNE		ZUMBA GOLD SUSANNE				10:30 A.M.
11:00 A.M.						MAXOVERLOAD WITH DAN	REVOLT WITH DAN	11:00 A.M.
3:30 P.M.		ZUMBA FOR EDUCATORS with Joanna R			ZUMBA FOR EDUCATORS with Joanna R			3:30 P.M.
4:30 P.M.	CARDIO KICKBOXING w/ Valerie	STEP PUNCH CRUNCH- w/ Jane		STEP PUNCH CRUNCH- w/ Jane	REVOLT WITH DAN			4:30 P.M.
5:30 P.M.	BOOTCAMP WITH KERRY	REVOLT WITH DAN	BODYBEATDOWN WITH JAY	ZUMBA WITH KERRY				5:30 P.M.
6:30 P.M.	GUTS BUTTS & Thighs WITH DAN	ZUMBA KERRY		TOTAL BODY WITH JC				6:30 P.M.
7:30 P.M.	ZUMBA PEGGY	Line Dancing Heather						7:30 P.M.
STUDIO B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	STUDIO B
7:00 AM							BEGINNERS SPIN -ELAINE	7:00 AM
8:00 AM						SPINNING WITH EILEEN	SPINNING JOANNA	8:00 AM
9:00 A.M.		SPINNING WITH JAY			SPINNING WITH EILEEN			9:00 A.M.
4:30 P.M.	SPINNING WITH EILEEN		SPINNING WITH EILEEN					4:30 P.M.
5:00 P.M.								5:00 P.M.
5:30 P.M.	SPINNING WITH EILEEN	POWER YOGA WITH SHAUNA	SPINNING WITH NAN					5:30 P.M.
6:00 P.M.				HIP HOP YOGA SHAUNA (6- 7pm)				6:00 P.M.
6:30 P.M.								6:30 P.M.
7:10 P.M.				BEGINNERS SPIN -ELAINE				7:10 P.M.
ALL CLASSES ARE 1 HOUR LONG*								