1/18
2010

MONDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am	PUMP				
6:00am				CYCLING 40 Minutes	
6:30am					
8:00am	PUMP	Basic Toning & Cardio			
8:30am					
9:00am	STEP		Yoga	CYCLING 50 Minutes	
9:30am					
10:00am	Pump (Express)				
10:30am					
11:00am					
11:30am					
12:00pm	PUMP	Medicine Ball			
12:30pm				CYCLING 25 Minutes	
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm	4:00-4:25 Medicine Ball			CYCLING 50 Minutes	
4:30pm		STEP (Express)			
5:00pm	PUMP	Abs & Stretch			
5:30pm	STEP		Yoga	CYCLING 50 Minutes	
6:00pm					
6:30pm	PUMP				
7:00pm					
7:30pm					

TUESDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am	5:45am-45 min Circuit Training			CYCLING 40 Minutes	
6:00am					
6:30am					
8:00am	STEP	Powerhouse Training (Pilates)		CYCLING 50 Minutes	
8:30am					Wave
9:00am	PUMP		YOGA BASICS		
9:30am		Fitness 101			
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm				12:15pm CYCLING 40 Minutes	
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm	4:00-4:25 Medicine Ball				
4:30pm	Pump (Express)			CYCLING 40 Minutes	
5:00pm	STEP (Express)	Abs & Stretch			
5:30pm	Pump (Express)		5:30pm YOGA BASICS	CYCLING 50 Minutes	
6:00pm	Abs & Stretch	STEP			
6:30pm					
7:00pm					
7:30pm					

WEDNESDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am	Medicine Ball		Yoga		
6:00am				CYCLING 40 Minutes	
6:30am					
8:00am	PUMP	Basic Toning & Cardio			
8:30am	Medicine Ball				
9:00am	STEP (Express)		Yoga	CYCLING 50 Minutes	
9:30am	Pump (Express)				
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm	(50 min) Circuit Training	PUMP			
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm				CYCLING 50 Minutes	
4:30pm	PUMP		YOGA BASICS		
5:00pm					
5:30pm	STEP	Medicine Ball	Yoga		
6:00pm		Powerhouse Training (Pilates)		CYCLING 40 Minutes	
6:30pm					
7:00pm					
7:30pm					

THURSDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am	5:45am-45 min Circuit Training			CYCLING 40 Minutes	
6:00am					
6:30am	Medicine Ball	Powerhouse Training (Pilates)			
8:00am	STEP (Express)			CYCLING 50 Minutes	Wave
8:30am					
9:00am	PUMP		YOGA BASICS		
9:30am		Fitness 101			
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm				12:15pm CYCLING 40 Minutes	
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm				CYCLING 50 Minutes	
4:30pm	Pump				
5:00pm	STEP (Express)				
5:30pm	Pump	25 min Medicine Ball 5:55pm, 20min Abs	5:30pm YOGA BASICS	CYCLING 50 Minutes	
6:00pm					
6:30pm					
7:00pm					
7:30pm					

FRIDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am	PUMP				
6:00am				CYCLING 40 Minutes	
6:30am					
8:00am	PUMP	Basic Toning & Cardio			
8:30am					
9:00am	STEP	Medicine Ball	Yoga		
9:30am				CYCLING 40 Minutes	
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm	PUMP				
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm					
4:30pm	PUMP				
5:00pm					
5:30pm				CYCLING 40 Minutes	
6:00pm					
6:30pm					
7:00pm					
7:30pm					

SATURDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
5:30am					
6:00am					
6:30am					
8:00am	Medicine Ball			CYCLING 50 Minutes	
8:30am	STEP (Express)				
9:00am	PUMP	Powerhouse Training (Pilates)	YOGA BASICS		
9:30am				CYCLING 50 Minutes	Wave
10:00am	STEP		90min. Yoga		
10:30am					
11:00am					
11:30am					
12:00pm					
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					

SUNDAY

Time	Studio A	Studio B	Studio D	Cycling	Wave
12:30pm					
1:00pm					
1:30pm				1:15pm CYCLING 40 Minutes	
2:00pm					
2:30pm	PUMP				
3:00pm					
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					