



FITNESS GROUP EXERCISE SCHEDULE [FALL 2014]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM		7:15 AM - 8:15 AM PILATES (ELGIN)		7:15 AM - 8:15 AM YOGA (CARLEEN)	
8:00 AM	8:00 AM - 8:20 AM AM ABS (JADE)		8:00 AM - 8:20 AM AM ABS (JAY)		8:00 AM - 8:20 AM AM ABS (JAY)
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM	12:00 PM - 1:00 PM YOGA (HUNT)	12:00 PM - 12:40 PM TOTAL BODY 12:40 PM - 1:00 PM LUNCH CRUNCH (COURTNEY)	12:00 PM - 1:00 PM YOGA (HUNT)	12:00 PM - 12:40 PM TOTAL BODY 12:40 PM - 1:00 PM LUNCH CRUNCH (COURTNEY)	
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	5:15 PM - 6:15 PM PILATES (ELGIN)	5:15 PM - 6:15 PM VINYASA YOGA (CARLEEN)	5:15 PM - 6:15 PM SALSA (MARLON)	5:15 PM - 6:15 PM TOTAL BODY (KAREEM)	
6:00 PM	6:15 PM - 7:15 PM HIP HOP (PAVAN)	6:15 PM - 7:15 PM ZUMBA (JADE)	6:15 PM - 7:15 PM PILATES (ELGIN)		
7:00 PM					
8:00 PM					
9:00 PM					
10:00 PM					