

# FITNESSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Group Personal Training* <b>5:00AM</b> Donna	Cycle <b>7:15AM</b> Christi	Group Personal Training* <b>5:00AM</b> Donna	Cycle <b>7:15AM</b> Christi	Group Personal Training* <b>5:00AM</b> Donna	Cycle <b>8:00AM</b> Christi	Tabata <b>8:15AM</b> Donne
	Group Personal Training* <b>6:00AM</b> Cyndy	Cycle <b>9:00AM</b> Heather	Group Personal Training* <b>6:00AM</b> Heather	Total Body Conditioning <b>9:15AM</b> Donne	Group Personal Training* <b>6:00AM</b> Cyndy	Powerlates <b>8:00AM</b> Chris	Barre <b>9:15AM</b> Donne
	Group Personal Training* <b>7:00AM</b> Cyndy	Total Body Conditioning <b>9:15AM</b> Donne	Group Personal Training* <b>7:00AM</b> Heather		Group Personal Training* <b>7:00AM</b> Cyndy	Group Personal Training <b>9:15AM</b> Cyndy	
	Group Personal Training* <b>8:00AM</b> Cyndy		Group Personal Training* <b>8:00AM</b> Heather		Group Personal Training* <b>8:00AM</b> Cyndy		
			Circuit Training <b>9:15AM</b> Heather		Cycle <b>8:00AM</b> Donne		
			Group Personal Training* <b>4:30PM</b> Heather	Yoga Sculpt <b>5:45PM</b> Penelope	Barre <b>9:15AM</b> Donne		

\*-Fitness Blocks

