












































# Group Fitness Schedule

Schedule Effective  
 April 5, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am 	5:30am <b>Hills-Drills</b> (cycle)	5:30am 	5:30am <b>Hills-Drills</b> 	5:30am 	7:30am/90 min. <b>Extreme Ride</b>	
8:30am 	8:30am 	8:30am 	8:30am <b>Hills &amp; Drills</b> (cycle)	8:30am 	8:30am 	8:30am 
9:30am 	9:30am 	9:30am 	8:30am 	9:30am <b>Cardio Kickboxing</b>	9:40am 	8:30am 
		9:30am 	9:30am 	9:30am 	10:40am 	9:40am 
10:40am 		10:40am 	10:40am 	10:40pm 	12 noon 	10:40am 
4:30pm 	4:30pm 	4:30pm <b>Hills &amp; Drills</b> (cycle)	4:30pm 	4:30pm 	<p><b>Club Hours</b>            Monday – Thursday: 5am – 10pm            Friday: 5am – 9pm            Saturday &amp; Sunday: 7am – 8pm</p> <p><b>Child Watch Sessions</b>  <b>Monday – Friday</b>            9:00am – 10:30am &amp; 10:30am – 12:00            12:00-2:00pm*****  <b>Monday - Thursday</b>            4:00-5:45pm            5:45 pm-7:45pm  <b>Friday</b>            4:00 – 6:00 pm*****  <b>Saturday</b>            8:00am – 9:30am &amp; 9:30am – 11:30am</p> <p>****No Sessions for July &amp; August</p>	
5:40pm 	5:40pm 	5:40pm 	5:40pm 	5:40pm <b>Cardio Super Box</b>		
6:40pm 	6:40pm 	6:40pm 	6:40pm 			
7:40pm 	6:30pm 	7:40pm 	6:30pm 	Classes are 60 minutes unless noted		