

# Group Exercise Holiday Week Schedule

12/26-12/30

NO Early AM classes

No midday and mid afternoon classes

<b>MON</b>	7:45 Spin		<b>THUR</b>	8:00 Spin	Felice
	8:30 Inner Strength	Heather		8:30 Cardio TRX	Kathleen
	9:30 Inner Strength	Heather		9:30 Inner Strength	Heather
	9:15 Cardio Interval	Helen		9:30 Spin	Karen
	9:30 Spin	Kathleen		9:30 Power Plus	Bente
	10:30 BOSU	Helen		10:30 Zumba	Nick
	10:30 Zumba	Jenny			
				7:00 Spin	Mike
	6:15 BOSU	Helen		7:00 Zumba	Shahidah
	6:15 Spin	Eileen			
7:15 Fitness Stretch	Helen				
<b>TUE</b>	8:00 Spin	Kathleen	<b>FRI</b>	8:00 Spin	Melanie
	8:30 Smartbells	Bente		8:30 Inner Strength	Nancy
	9:30 Inner Strength	Nancy		9:30 Inner Strength	Nancy
	9:30 Cardio TRX	Kathleen		9:15 Let it Fly	Helen
	9:30 Spin	Bente		9:30 Spin	Kathleen
	10:30 Zumba	Shahidah		10:30 Fitness Stretch	Helen
				10:30 Zumba	Stella
	6:30 Zumba	Helen			
7:00 Spin	Candace				
<b>Wed</b>	8:00 Spin	Tim			
	8:30 Inner Strength	Nancy			
	9:15 Strength Interval	Kathleen			
	9:30 Spin	Cathy W			
	9:30 Inner Strength	Nancy			
	10:30 Zumba	Naomi			
7:00 Spin	Art				