



EFFECTIVE:
1/5/2010

NEW JANUARY SCHEDULE

Fitness

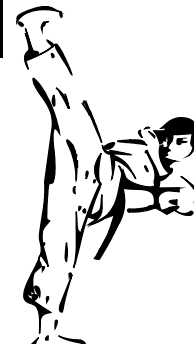
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Melanie Step Interval Training	6:30AM Vincenzo Bootcamp	9:30AM Hakeem Yoga/Pilates Combo	6:30AM Vincenzo Bootcamp	9:30AM Melanie Mat Pilates w/ Rings	9:30AM Lyle Pump & Ride (30min)	10:30AM Leona Total Body Sculpt
9:30AM Jo Firm Fusion	8:30AM Sharyn Power Core Fusion	12:00PM Dhalia Hatha Yoga (75 min)	8:30AM Sharyn Power Core Fusion		10:00AM Melanie Defined Behind (30min)	11:30AM Melanie Mat Pilates w/ Rings
12:00PM Dhalia Hatha Yoga (75 min)	10:30AM Joseph *Yoga- All levels	7:30PM Joseph *Yoga- All levels	10:30AM Joseph *Yoga- All levels		10:30AM Melanie Firm Fusion	
5:30PM Andrew Dynamic Physique	12:30PM Julianne MAT PILATES		12:30PM Melanie MAT PILATES		11:30AM Melanie MAT PILATES	
6:30PM Vincenzo Salsa/Hip Hop	5:30 Lisa Hip Hop & Sculpt		5:30PM Andrew Dynamic Physique			
	7:30PM Hakeem (sub) Yoga		6:30PM Vincenzo Kombat Kardio			
			7:30PM Michelle Hatha Yoga			

Roadracers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Ron ROADRACERS		8:30AM Ron ROADRACERS		8:30AM Jo ROADRACERS	8:30AM Tami ROADRACERS	9:15AM Larry ROADRACERS
6:15PM Lyle ROADRACERS	6:00AM Tracey Lynn ROADRACERS	6:15PM Lyle ROADRACERS (60min)	6:00AM Tracy Lynn ROADRACERS		10:00AM Lyle Pump & Ride (30min)	(60min)
	9:30AM Joseph ROADRACERS		9:30AM Joseph ROADRACERS			
	6:30PM Jo ROADRACERS (60min)		6:30PM Jo ROADRACERS			

Boxing / Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Chris S. Kickboxing		6:00AM Chris S. Kickboxing		6:00AM Chris S. Kickboxing	10:00AM Troy Boxing	10:00AM Jason Kickboxing
12:30PM Floyd Boxing	10:00AM Jason Kickboxing	12:30PM Floyd Boxing	10:00AM Jason Kickboxing	12:30PM Floyd Boxing	11:00AM Troy Boxing	4:00 PM Hakeem Kickboxing
4:30PM Floyd Boxing	6:30PM Lisa Kickboxing	4:30PM Floyd Boxing	5:30PM Vincenzo Boxing	4:30PM Floyd Boxing		
5:30PM Chris S. Kickboxing	7:30 Jason Kickboxing	5:30PM Matthew Kickboxing	7:30PM Jason Kickboxing	6:30PM Floyd Boxing		
6:30PM Floyd Boxing		6:30PM Floyd Boxing				
7:30PM Matthew Kickboxing		7:30PM Jason Kickboxing				



*New Yoga classes start the week of 1-11-10.