



TOTAL BODY CONDITIONING

Group Fitness Timetable

OCTOBER-DECEMBER 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15 am			SPIN <i>Lou</i>			
9.30 am						PILATES <i>Kathy</i>
10.30 am						BODY BAR <i>Kathy</i>
12.15 pm	BODY BAR <i>Lou</i>	SPIN <i>Lou</i>		BOXING <i>Alain</i>		
12.30 pm					BODY BAR <i>Lou</i>	
1.00 pm	YOGA <i>Sandy</i>	**BOXERCISE <i>Alain</i>	PILATES <i>Emma</i>	**SCULPT/STEP <i>Lou</i>		
6.00 pm	SPIN <i>Lou</i>	BODY BAR <i>Lou</i>		BODY BAR <i>Kathy</i>		
6.30 pm			BOXING <i>Gary</i>			
7.00 pm	PILATES <i>Kathy</i>			PILATES <i>Kathy</i>		