

Group Fitness Fall 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	8:00- 9:00 PUMP	8:00-9:00 Yoga	8:00-9:00 Step & Sculpt	8:00-9:00 Yoga	6:00-7:00 Spinning + Abs	
	9:00-10:00 Pilates		9:00-10:00 Pilates		8:00-9:00 Pump	
PM	5:15- 6:00 Pump	5:15-6:00 Step Aerobics	5:15-6:00 PM Zumba	5:15-6:00 Step & Tone	5:30-6:30 Pilates	12:00 -1:00 Zumba
	6:15-7:00 Spinning	6:15-7:00 Spinning	6:00-7:00 PM Yoga	6:15-7:00 Spinning		
	7:00-8:00 Zumba	7:00-8:00 Zumba		7:00-8:00 Zumba		

Classes and Instructors are subject to change.

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