

# 2009 Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 AM	YOGA SABINA 6:45 AM		SPINNING ANNA 6:45 AM		SPINNING ANNA 6:45 AM
7:00 AM		CARDIO KICKBOXING JENNY 7:00 AM		YOGA SABINA 7:15	
7:30 AM	TOTAL BODY CONDITIONING SARA 7:30		BODY SCULPT CHHAYAL 7:30 AM		TOTAL BODY CONDITIONING CHHAYAL 7:30
<b>LUNCH TIME AND AFTERNOON</b>					
12:15 PM	SPINNING DONINQUE 12:15 PM (1-Hour)		LATIN CARDIO LARA 12:15 PM	SPINNING DONINQUE 12:15 PM	YOGA SABINA 12:15 PM
12:30 PM		OPEN YOGA SARA 12:45 PM			
1:15 PM	BODY CONTROL PILATES PATRICIA 1:15 PM	BODY SCULPT SARA 1:30 PM	YOGA SABINA 1:15 PM	BODY SCULPT DAVID 1:15PM	SPORTS CONDITIONING SARA 1:30PM
<b>EVENING</b>					
6:00 PM	SPINNING ELISABETH 6:00 PM	YOGA DOMINIQUE 6:00PM	30 MIN. SPIN 30MIN. SCULPT 6:00 PM MELISSA	SCULPT & ABS MELISSA 7:15 PM	