

MARCH 2010

CLUB OPENS AT 5:30AM EVERY WEEKDAY!
 IN ADDITION, ON A TRIAL BASIS, CLUB WILL OPEN AT 7:00AM ON WEEKENDS THROUGH MARCH 28.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
	1 6:00 AM Boot Camp 9:00 AM Get on the Ball 11:30 AM -1:30 PM Adult Bball (full gym) 4:30 PM Int Yoga 6:00 PM Turbo Kick 7:00 PM Shape Up	2 9:15 AM Core Fusion 6:00 PM Gentle Yoga 6:00 PM -8:00 PM gym closed 8:30 PM RB Challenge Ct.	3 6:00 AM Boot Camp 9:00 AM Cardio Interval 11:30 AM -1:30 PM Adult Bball (full gym) 6:00 PM Pilates 7:00 PM Shape Up	4 9:00 AM Gentle Yoga 6:30 PM Strength & Sculpt 8:30 PM RB Challenge Ct.	5 6:00 AM Boot Camp 9:00 AM Butts N Guts 11:30 AM -1:30 PM Adult Bball (full gym) 5:00 PM -8:00 PM gym closed	6 9:00 AM NIA 9:30 AM -11:00 AM RB Challenge Ct 10:00 AM -1:00 PM Adult Gym 2:45 PM -5:45 PM gym closed																																																																																																	
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