



## WINTER SCHEDULE 2010 v2

## CLASS LISTING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM Strength Spin 45 min	6 AM Race Day Spin 45 min	6 AM Interval Spin 45 min	6 AM Strength Spin 45 min	6 AM Interval Spin 45 min	7:15 AM Strength Spin 45 min	9 AM Energy Zone Spin 90 min
6 AM Basic Training 60 min		6 AM Basic Training 60 min	6 AM Mat Pilates 60 min	6 AM Basic Training 60 min	8:30 AM Interval Spin 60 min	9:30 AM Vinyasa flow 60 min
9 AM Hot Room Yoga 60 min	8:45 AM Strength Spin 45 min		8:45 AM Endurance Spin 55 min		8:30 AM Mat Pilates 55 min	
NOON Interval Spin 45 min	NOON Core Power 45 min	NOON Strength Spin 45 min	NOON Total Body Sculpt (TBS) 45 min	NOON Strength Spin 45 min	9:30 AM Total Body Sculpt (TBS) 60 min	NOON Hot Room Yoga 75 min
NOON Mat Pilates 45 min					10:30 AM Turbo Kick 60 min	
	5:30 PM Vinyasa flow 60 min	6 PM Strength Spin 45 min			11:30 AM Intro to Spin 30 min	
6 PM Interval Spin 45 min	6 PM Endurance Spin 60 min	6 PM Total Body Sculpt (TBS) 55 min	6 PM Endurance Spin 60 min	5:45 PM Ashtanga Yoga 75 min	11:30 AM Gentle Yoga 60 min	4 PM Strength Spin 45 min
6 PM Hard Core Peace Core 55 min	6 PM Muscle Bar (TBS) 55 min	6 PM Ashtanga Yoga 60 min	6 PM Mat Pilates 55 min	6 PM Strength Spin 45 min	NOON Endurance Spin 45 min	
6 PM Vinyasa flow 75 min	7 PM Express Mat Pilates 35 min		6 PM Turbo Kick 60 min			
7:10 PM Total Body Sculpt (TBS) 60 min	6:45 PM Hot Room Yoga 75 min		7 PM Hot Room Yoga 60 Min			

JOIN US EVERY  
SATURDAY FOR INTRO TO SPIN,  
AND YOGA!

Reservations for all classes are recommended and cancellations must take place at least one hour prior to class to avoid being charged for the class.