

WINTER CLASS SCHEDULE 2008



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin
6:30 Beginner Yoga Stoyan	6:15 am Spin Brad	9AM YOGA Vinyasa Marianna	6:15 Spin Brad	9:00am VinyassaYoga Shell	6:15 am Spin Brad	10:00 am Body Sculpt Gina	9:00am Spin Gina	10:00 am Reformers Gina	9:00am Spin Gina	10:00 Pilates Mat Gina	10:00 Hardcore Spin Cat	10:00 Vinyasa Yoga Annita 90°	10am Spin Carmelinda
10 AM LEVEL II Reformers GINA		10:00 Body Sculpt Luz		10:00am Pilates Mat Alissa				11am LEVEL II Reformers Gina		11:00 Body Sculpt Gina		11:30 Pilates Reformers Carmelinda	12:00pm Super Spin Brad
6:30 pm Cardio- Kick Samuel	6:30 pm Super Spin Kat	6:30 pm LEVEL 11 Reformers Gina	6:30 pm Beginner Spin Cat	6pm LEVEL II Reformers Gina	7:00 Spin Villi	6:00pm Pilates Reformers Gina	7:00pm Spin Cat	7:00 pm Yoga Stoyan	7:00pm Super Spin Villi	1pm Boxing Brad			
7:30pm Power Yoga Stoyan	7:30 pm Beginner spin Kat	7:30 pm Total Conditioning Gina	7:30 pm Interm-Spin Cat	7:00 Pilates Reformers Gina	8:00pm Super Spin Villi	7:00pm Power step Samuel	8:00pm Super Spin Cat						
8:30 pm PILATES REFORMERS Gina		8:30 pm Pilates Mat Gina		8:00pm Vinyasa Flow ANITA		8:00pm Total Conditioning Samuel							
				9:00pm Capoiera Chico									

d! Gym Etiquette: Do not enter 15 minutes after class has begun- Signing in prior to class is advised to ensure spot (Especially in Pilates Reformer Classes)
Proper gym apparel must be worn- Use of cell phone use prohibited.

LEVEL II REFORMER CLASSES HAVE A \$15 FEE PER CLASS. SEE SALES DEPARTMENT FOR PURCHASE