

Bodies R Us

CLASS SCHEDULE (EFFECTIVE JUNE 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:45 AM SPIN/YOGA	9:45-10:45 AM STEP-N-SCULPT	6-7 PM CARDIO BLAST	9:45-10:45 AM STEP-N-SCULPT	9:30-10:30 AM ZUMBA	8-9 AM KICKBOXING	9-10 AM ZUMBA
10-10:45 AM YOGA	6-7 PM STEP IT UP	7-8 PM ZUMBA	6-7 PM BODY SCULPTING	6-7 PM CARDIO BLAST	9-10 AM SPIN	
6-7 PM BODY SCULPTING	6-7 PM SPIN		6:15-7:15 PM SPIN		9:30-11 AM BOOT CAMP	
7-8 PM ZUMBA	7-8 PM PILATES		7-8 PM PILATES			
6-7 PM SPIN						
7-8 PM SPIN						