



Group Ex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BARBELL w/ BEN 6:15-7:00am w/ Ben</p> <p>GET FIT 6:30-7:15am w/ Jannie</p> <p>YOGA 8:30-9:15am w/ Kara</p> <p>GET FIT 9:30-10:15am w/ Beth</p> <p>FITOVER50 10:30-11:15am w/ Beth</p> <p>SPIN 5:15-6:00pm w/ Diana</p>	<p>SPIN 5:15-6:00am w/ Diana</p> <p>POWERPUMP 6:30-7:15am w/ Jannie</p> <p>METAFIT 8:30-9:15am w/ Laura</p> <p>BARRE 9:15-10:00am w/ Jenna</p> <p>TAI-CHI 10:15-11:00am w/ Nathan</p> <p>TAI-CHI BEGINNER 11:15am-12:00pm w/ Nathan</p> <p>LUNCH BOX 12:00-12:45pm w/ Beth</p>	<p>BARBELL w/ BEN 6:15-7:00am w/ Ben</p> <p>Core & Stretch 6:30-7:15am w/ Jannie</p> <p>GET FIT 9:30-10:15am w/ Beth</p> <p>FITOVER50 10:30-11:15am w/ Beth</p> <p>SPIN 5:15-6:00pm w/ Diana</p>	<p>SPIN 5:15-6:00am w/ Adele</p> <p>POWERPUMP 6:30-7:15am w/ Jannie</p> <p>METAFIT 8:30-9:15am w/ Laura</p> <p>BARRE 9:15-10:00am w/ Jenna</p> <p>TAI-CHI 10:15-11:00am w/ Nathan</p> <p>TAI-CHI BEGINNER 11:15am-12:00pm w/ Nathan</p> <p>LUNCH BOX 12:00-12:45pm w/ Beth</p>	<p>GET FIT 6:30-7:15am w/ Jannie</p> <p>YOGA 8:30-9:15am w/ Kara</p> <p>ZUMBA 9:30-10:15am w/ Jenn B</p> <p>MAT PILATES 10:30-11:15am w/ Jenn</p>	<p>SPIN 8:00-8:45am w/ Regina</p> <p>METAFIT 9:00-9:45am w/ Laura</p> <p>CARDIOSTEP 10:00-10:45am w/ Megan</p>
					SUNDAY
					<p>YOGA 9:00-9:45am w/ Laura</p>