

# Aerobic Studio and Weight Room Schedule

# August

# 2010

Legend: Complimentary Classes - FREE

Summer Pass

Dates: 30 31 Sept. 1 2 3 4

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		6:30-7:30am Spin Brad (gym)	6:30-7:30am Flow Yoga Meagan (studio)	6:30-7:30 Early Bird Training Guila (gym)	Club Open 8am - 4pm	Club Open 8am - 4pm
9:00 AM						
9:30 AM			9:30-10:30am AM Power Hour Circuit Training Scott			
9:30 AM						
11:30 AM						
1:30 PM						
2:00 PM						
4:30 PM			4:30 - 5:30 Booked			
6:00 PM			6:00-7:00pm Athlete Training FREE Ainsley (gym)			
7:00 PM		7:00-9:30 Tribal Belly Dancing (studio)				
7:30 PM						