

# Group Fitness Schedule Fall 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>7:00-8:00am</b> Yoga Fit (GFS)	<b>7:00-8:00am</b> Cycle Fit (CS)	<b>7:00-8:00am</b> Pilates (GFS)			
	<b>8:15-8:45am</b> *Energizer Body Sculpt: Upper (GFS)		<b>8:15-8:45am</b> *Energizer Body Sculpt: Lower (GFS)			
	<b>9:00-9:50am</b> Step (GFS)	<b>9:00-9:50</b> Yogalates (GFS)	<b>9:00-9:50am</b> Kickboxing (GFS)	<b>9:00-9:50am</b> Body Sculpt(GFS)		
<b>11:00-12:00pm</b> Step (GFS)	<b>11:00-12:00pm</b> Yoga Fitness (GFS)	<b>11:00-12:00pm</b> Step (GFS)	<b>11:00-12:00pm</b> Power Yoga (GFS)	<b>11:00-12:00pm</b> Boxing Fitness (GFS)	<b>11:00-12:15pm</b> Namaste Cycle (MPS/CS)	
<b>12:15-12:45pm</b> Core Training (GFS) <b>12:15-1:05pm</b> Power Yoga (Godwin)	<b>12:15-12:45pm</b> *Energizer Body Sculpt: Lower (GFS)	<b>12:15-1:05pm</b> Body Sculpt (GFS) Yoga Fitness (Godwin)	<b>12:15-12:45pm</b> *Energizer Body Sculpt: Upper (GFS) Chakra Meditation (MPS)	<b>12:15-12:45pm</b> Core Training (MPS) <b>12:15-2:30 pm</b> Informal Boxing (GFS)		<b>12:00 - 1:15pm</b> Informal Boxing (GFS)
<b>1:15-2:15pm</b> BOSU Strength (MPS)					<b>1:30-2:30pm</b> 101's (Various)	<b>1:30-2:30pm</b> Boxing (GFS)
<b>1:30-2:30pm</b> Cycle Fit (CS)	<b>3:00-4:00pm</b> Kickboxing (GFS)	<b>3:00-4:00pm</b> Body Sculpt (GFS)	<b>3:00-4:00pm</b> Boxing Fitness (GFS)	<b>3:00-4:00 pm</b> 101's (Various)		<b>3:00-3:30 pm</b> Core Training (MPS)
<b>4:00-5:15pm</b> Namaste Cycle (CS/MPS)	<b>3:30-4:00pm</b> Core Training (MPS)	<b>4:00-5:00pm</b> Cycle Fit (CS) TurboKick (Godwin)		<b>4:00-5:00</b> Cycle Fit (CS)		
<b>4:15-5:15pm</b> Pilates (GFS)	<b>4:15-5:15pm</b> Body Sculpt (MPS) Step & Sculpt (GFS)	<b>4:15-5:15pm</b> BOSU Strength (MPS) Yoga Fitness (GFS)	<b>4:15-5:15pm</b> Cardio BOSU (MPS) Body Sculpt (GFS)	<b>4:15-5:15pm</b> Hip Hop (GFS) <b>4:30-5:30pm</b> Step (MPS)	<b>4:15-5:15pm</b> 20/20/20 (GFS)	<b>4:15-5:15pm</b> Yogalates (GFS)
<b>5:30-6:30 pm</b> Worldbeat Dance (Godwin) Cycle Fit (CS) First Step (MPS) 20/20/20 (GFS)	<b>5:30-6:30pm</b> Cycle Fit (CS) Cardio Craze (MPS) Yoga Fitness (GFS)	<b>5:30-6:30 pm</b> Kickboxing (Godwin) Cycle Box (CS/GFS) Power Yoga (MPS)	<b>5:30-6:30pm</b> Cycle Fit (CS) Hip Hop (MPS) Kickboxing (GFS)	<b>5:15-6:15 pm</b> Yoga Fitness (Godwin) <b>5:30-6:30pm</b> Happy Hour	<b>5:30-6:30pm</b> Yoga Fitness (GFS)	<b>5:30-6:30pm</b> Body Sculpt (GFS)
<b>6:45-7:45pm</b> Yogalates (GFS) On the Ball (MPS)	<b>6:45-7:45pm</b> 20/20/20 (GFS) <b>6:45-8:15pm</b> Endurance Cycle (CS) <b>7:00-8:00 pm</b> Ballet Fitness (MPS)	<b>6:45-7:45pm</b> Boxing Fitness (GFS)	<b>6:45-7:45pm</b> 20/20/20 (GFS) Cycle Fit (CS)			<b>6:45-7:45pm</b> Cardio Craze (GFS) Cycle Fit (CS)
<b>8:00-8:50pm</b> Body Sculpt (GFS)	<b>8:00-8:50pm</b> Yogalates (GFS)	<b>8:00-8:50pm</b> Worldbeat Dance (GFS)	<b>8:00-8:50pm</b> Yoga Fitness (GFS)			<b>8:00-8:50pm</b> Power Yoga(GFS)