

The Strength Studio Schedule -effective Tuesday 9/6/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Monday 5:30-6:30 AM <i>Cycle</i> Nancy ~~~~~</p>		<p>Wednesday 5:30-6:30 AM <i>Cycle</i> Janine ~~~~~</p>			<p>Saturday 8 -9 AM <i>Cycle</i> Nancy or BODYPUMP</p>	
<p>9:30 – 10:30 AM BOOT CAMP Janine</p>	<p>9:30 – 10:30 AM BODYPUMP Beth or <i>Cycle</i> Jill</p>	<p>9:30 - 10:45 AM BODYBLAST w/ <i>Cycle</i> Lauren</p>	<p>9:30 - 10:30 AM BODYPUMP Donna Or 9:30 - 10:15 AM <i>Cycle express</i> Janine</p>	<p>9:30 - 10:30 AM <i>Step It Up!</i> Donna</p>	<p>Lauren ~~~~~ 9 – 10 AM <i>Cycle</i> Lauren or <i>Step It Up!</i> Laurie</p>	<p>9 – 10 AM BODYPUMP Michelle Or <i>Cycle</i> Jill</p>
<p>5:30-6:30 PM BODYPUMP Lauren ~~~~~</p>	<p>5:30 – 6:15 PM MUSCLE <i>Madness</i> Lauren ~~~~~</p>	<p>5:30-6:30 PM ZUMBA Laurie ~~~~~</p>	<p>5:30 – 6:15 PM <i>Step express</i> Jill ~~~~~</p>	<p>6:15 – 7 PM MUSCLE <i>Madness</i> Jill OR <i>Cycle express</i> Beth</p>	<p>Class Schedule subject to change.</p> <p><i>CYCLE</i> Classes are first come, first ride. Sign your name on sign-in sheet upon entering the studio for class to reserve a bike.</p> <p>Body Blast – you can still come for the first 45 min's of class (core and muscle) even if you don't wish to cycle!</p>	
<p>6:30-7:30 PM <i>Step It Up!</i> Laurie or <i>*Cycle</i> Kim</p>	<p>6:15 -7 PM <i>Cycle express</i> Lauren</p>	<p>6:30 – 7:30 PM BODYPUMP Jill</p>				