

The Strength Studio Schedule -effective Tuesday 10/4/11

<p>Monday 5:30-6:30 AM <i>Cycle</i> Nancy ~~~~~</p> <p>9:30 – 10:30 AM <i>BOOT CAMP</i> Janine</p> <p>5:30-6:30 PM <i>BODYPUMP</i> Lauren ~~~~~</p> <p>6:30-7:30 PM <i>Step It Up!</i> Laurie or *<i>Cycle</i> Lauren/Jill</p>	<p>Tuesday</p> <p>9:30 – 10:30 AM <i>BODYPUMP</i> Beth or <i>Cycle</i> Jill</p> <p>5:30 – 6:15 PM <i>MUSCLE</i> <i>Madness</i> Lauren ~~~~~</p> <p>6:15 -7 PM <i>Cycle express</i> Lauren</p>	<p>Wednesday 5:30-6:30 AM <i>Cycle</i> Janine ~~~~~</p> <p>9:30 - 10:45 AM <i>BODYBLAST w/</i> <i>Cycle</i> Lauren</p> <p>5:30 – 6:45 PM <i>BODYBLAST w/</i> <i>Cycle</i> Kim</p>	<p>Thursday</p> <p>9:30 - 10:30 AM <i>BODYPUMP</i> Donna Or 9:30 - 10:15 AM <i>Cycle express</i> Janine</p> <p>5:30 – 6:15 PM <i>Step express</i> Jill ~~~~~</p> <p>6:15 – 7 PM <i>MUSCLE</i> <i>Madness</i> Jill</p>	<p>Friday</p> <p>9:30 - 10:30 AM <i>Step It Up!</i> Donna</p>	<p>Saturday 8 -9 AM <i>Cycle</i> Lauren/Jill or <i>BODYPUMP</i> Lauren/Jill</p>	<p>Sunday</p> <p>9 – 10 AM <i>BODYPUMP</i> Michelle Or <i>Cycle</i> Nancy</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><i>Body Blast</i> – you can still come for the first 45 min's of class (core and muscle) even if you don't wish to cycle!</p>						