

# NEW MILLENNIUM CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT
5:30AM-CIRCUIT-KARI	8:00AM- BODY CONDITIONG-BRENDA	10:30AM-SILVER SNEAKERS-VALERIE/TERRY	5:30AM-BOOT-CAMP-MIKE	12:10PM-STRETCH &FLEX-VALERIE	9:00AM-STEP /CIRCUIT-FAHTIMA
10:30AM-SILVER SNEAKERS-BRENDA/ROBIN	5:15-PILATES-ROBIN(WOMEN)	12:10PM-UPPER BODY & ABS-VALERIE	8:00AM-BODY - CONDITIONING-BRENDA		11:00AM-BRAZILIAN JIU-JITSU (FREE TO MEMBERS)
12:10PM-LOWER BODY & ABS-VALERIE	6:00PM-CARDIO KICK BOX-MIKE	6:00PM CARDIO/DANCE & CORE-TERRY	12:10-SPIN-VALERIE STARTING 10/16		
6:00PM-FAT-BURNER-ASHLEY	7:15PM -YOGA-BONNIE(WOMEN)	7:00PM-SPIN-SHERRI	5:45PM-PILATES ROBYN(WOMEN)		
6:30PM-CONDITIONING-ASHLEY			7:00PM-MUSCLE PUMP/YOGA FAHTIMA(COMING SOON)		
7:00PM BEGINNER SPIN-WILLIAM					

