

	<h1>Winter 08</h1>								
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	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	5:15am	<b>BODYPUMP</b> Kim		<b>BODYPUMP</b> Diane		<b>BODYPUMP</b> Jenn			
	6:00am		Cardio Blast Tammy		Cardio BOSU Lori L		8:00am		
	6:45am		Abs & Lori Core Tammy		Abs & Lori Core Lori L		8:30am	<b>BODYPUMP</b> Jenn	
	9:00am	NIA Lisa-Anne	<b>BODYPUMP</b> Lori L		<b>BODYPUMP</b> Diane	Ageless Exercise Amanda	9:00am		
	12:00	<b>BODYPUMP</b> Lori L	Abs & Lori Core Lori L		Abs & Lori Core Lori L	<b>BODYPUMP</b> Jane	10:30am	<b>BODYPUMP</b> Gerard	
	4:30pm	Pilates Jane		Ageless Exercise Lori L			11:00		
	5:30pm	Cardio - Combo Amanda	Kickboxing Samantha	<b>BODYPUMP</b> Jane	Strength Training Tina		5:00pm		
	6:45pm	Abs & Lori Core Lori L	<b>BODYPUMP</b> Kim				6:00pm		

	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	6:00am	Cycle Dani							
	6:15am			Cycle Jenn		Cycle Jana	6:00am		
	9:00am			Cycle Dani			7:30am	Cycle Amanda/Sylvie	
	12:00pm			Cycle Jeff			12:00pm		
	5:30	Cycle Diane							
	6:00		Cycle Steve				5:00pm		

	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	6:45am								
	10:00								
	6:30	Gentle Flow Kripalu Yoga Dineen			Gentle Flow Kripalu Yoga Dineen		8:30am	PIYOTammy	

