



# GROUP EXERCISE FALL

## SCHEDULE

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
Studio	5:00 AM	<b>BODYPUMP</b> MIKE/ANGELA		<b>BODYPUMP</b> MIKE/ANGELA			8:00 AM	
	8:10 AM	<b>BODYCOMBAT</b> REB/CRYSTAL		<b>BODYCOMBAT</b> CRYSTAL/FAT		<b>BODYCOMBAT</b> ANGIE/FAT/KERI	8:30 AM	<b>BODYPUMP</b> KERI/ANG/REB
	8:15 AM		<b>FATBURNER</b> CRYSTAL		<b>FATBURNER</b> KERI		9:35 AM	<b>YOGA</b> Willem
	8:45 AM		<b>ZUMBA</b> CALEB		<b>ZUMBA</b> KERI			
	9:00 AM	<b>BODYPUMP</b> KERI		<b>BODYPUMP</b> CRYSTAL		<b>BODYPUMP</b> FAT		
	9:35 AM		<b>PILATES</b> MARIVIC		<b>YOGA</b> MARIVIC			
	10:05 AM	<b>Beg. YOGA</b> TOMOMI		<i>Booty Burn</i> KERI/MARIVIC				
	10:30 AM		<b>SeniorFIT</b> MARIVIC/CARDIO		<b>SeniorFIT</b> MARIVIC/CARDIO	<b>ZUMBA gold</b> MARIVIC		
	11:00 AM	<b>SeniorFIT</b> MARIVIC/STRENGTH		<b>SeniorFIT</b> TONY/STRENGTH				
	4:30 PM	Fat Burn/Pump BISD Employees		Pump/Yoga BISD Employees				
	5:15 PM		<b>NIIT CAMP</b> TONY		<b>NIIT CAMP</b> TONY			
	5:30 PM	<b>BODYCOMBAT</b> MIKE/ANGELA						
	6:00 PM		<b>YOGA</b> MANJIRI		<b>YOGA</b> MANJIRI			
	6:15 PM	<b>BODYPUMP</b> FAT/REBECCA		<b>BODYPUMP</b> MIKE/ANGELA				
	7:00 PM		<b>ZUMBA</b> Dance Fitness					
Cycling	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	5:00 AM		<b>freestyle</b> RIGO/FAT		<b>freestyle</b> MIKE		7:30 AM	<b>freestyle</b> RIGO/SCOTT
	8:15 AM					<b>freestyle</b> JOE	9:30 AM	<b>freestyle</b> ANGELA
	9:15 AM		<b>freestyle</b> CRYSTAL		<b>freestyle</b> JOE/FAT			
6:00 PM		<b>freestyle</b> SCOTT		<b>freestyle</b> REBECCA				