

Aerobic/Dance Studio - Fall 2009

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7:00							
8:00	Step 7:30 – 8:20 Fit Free		Step 7:30 – 8:20 Fit Free				
9:00	Iyengar 9:00 – 10:20 \$Clinic		Power Yoga 9:00 – 10:20 \$Clinic				
10:00						Yin 10:10 – 11:30 \$Clinic	
11:00							
12:00	Step 12:00 – 12:50 Fit Free	Ballet 12:00 – 12:50 \$Clinic	Cardio Box 12:00 – 12:50 Canceled	Low Impact 12:00 – 12:50 Fit Free	Total Body Circuit 12:00 – 12:50 Fit Free		
1:00			Ab Blast 1:00 – 1:20 Fit Free	Ab Blast 1:00 – 1:20 Fit Free	Ab Blast 1:00 – 1:20 Fit Free		
2:00	Electric Flow 1:30 – 2:20 Fit Free	Beginning Pilates 2:00 – 2:50 \$Clinic	Upper Body 1:30 – 1:50 Fit Free				
	Ab Blast 2:30 – 2:50 Fit Free		Total Body Circuit 2:00 – 2:50 Fit Free	Step 2:00 – 2:50 Fit Free			
3:00		Core Ball 3:00 – 3:50 Fit Free	Ballroom 3:00 – 3:50 \$Clinic	Core Ball 3:00 – 3:50 Fit Free	Core Ball 3:00 – 3:50 Fit Free		
	Boot Camp 3:30 – 3:50 Fit Free						
4:00				Lower Body 4:00 – 4:20 Fit Free			
		Total Body Ex 4:30 – 4:50 Fit Free		Upper Body 4:30 – 4:50 Fit Free			
5:00	Ab Blast 5:00 – 5:20 Fit Free	Ab Blast 5:00 – 5:20 Fit Free	Ab Blast 5:00 – 5:20 Fit Free	Ab Blast 5:00 – 5:20 Fit Free	Moving Meditation 5:00 – 6:20 \$Clinic		
6:00	Step 5:30 – 6:20 Fit Free	Step 5:30 – 6:20 Fit Free	Step 5:30 – 6:20 Fit Free	Step 5:30 – 6:20 Fit Free			
7:00	Salsa Beginner 6:30 – 7:20 \$Clinic	Step 6:30 – 7:20 Fit Free	Step 6:30 – 7:20 Fit Free	Salsa Beginner 6:30 – 7:20 \$Clinic	Yin 6:30 – 7:50 \$Clinic		
8:00	Salsa Intermediate 7:30 – 8:20 \$Clinic	Breakdancing Club Practice 7:30 – 8:20		Hip Hop 7:30 – 8:20 \$Clinic			
9:00	Samba 8:30 – 9:20 \$Clinic						
10:00							
11:00							