















Fall 2011

Studio 1

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday |
|---------|---|--|---|---|--|---------|--|
| 9.15am | ZUMBA Taylor | | ZUMBA Taylor | | ZUMBA Taylor | 10.00am | ZUMBA Rotation |
| 12.30pm | ZUMBA Philip |  Nadine/Allie | ZUMBA Philip |  Melanie | ZUMBA Philip | 11.15am |  Rotation |
| 3.30pm | | | | |  Melanie/Allie | | |
| 5.15pm | ZUMBA Angie |  Kalyn/Sarah | ZUMBA Angie |  Kalyn/Sarah | ZUMBA Taylor | | |
| 6.25pm |  Sonia/Donovan | ZUMBA Spring |  Sonia/Donovan | ZUMBA Spring | | | |
| 7.35pm | CARDIO K.O. AJ | MIDNIGHT DANCE FUSION AJ | CARDIO K.O. AJ | MIDNIGHT DANCE FUSION AJ | | | |

Studio 2

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday |
|---------|---|---|---|---|--|------|----------|
| 6.15am | WORK-IT CIRCUIT Cara | |  Donovan | | WORK-IT CIRCUIT Cara | | |
| 12.05pm |  Stephanie |  Stephanie |  Stephanie |  Stephanie |  Stephanie | | |
| 5.05pm | **** |  Maia | **** |  Shelley | **** | | |
| 6.15pm |  Melanie | **** |  Melanie | **** | | | |
| 7.25pm |  Eva | **** |  Eva | **** | | | |

LES MILLS

 BODYFLOW

 BODYPUMP

 rpm