





























Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9.15am	 Selena		 Selena		 Selena		
12.15pm		 Maia		 Maia			
5.00pm	 Thor	 Katie	 Thor	 Katie			
6.05pm	 Dance School		 Dance School				
6.15pm	 AJ	 AJ	 AJ	 AJ			
7.30pm	 Melanie	WorkIT CIRCUIT Bryan	 Melanie	WorkIT CIRCUIT Bryan			

Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.15am	ENDURANCE Denise		STRENGTH Denise		INTERVAL Denise		
12.10pm	 starts 2/1/10		 starts 2/1/10		 starts 2/1/10		
5.15pm	 starts 2/1/10	 Kenyon	 starts 2/1/10	 Kenyon			
6.30pm	 starts 2/1/10	 Shelley	 starts 2/1/10	 Shelley			