


















Spring 2012

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	
9.15am	ZUMBA Taylor		ZUMBA Taylor			10.00am	ZUMBA Rotation	
12.05pm	 BODYPUMP Nadine	ZUMBA Angie	 BODYPUMP Nadine	ZUMBA Angie		11.15am	 BODYFLOW Rotation	
5.10pm	ZUMBA Philip	 BODYPUMP Allie/Sarah	ZUMBA Angie	 BODYPUMP Allie/Sarah				
6.15pm	 BODYPUMP Donovan		 BODYPUMP Melanie					
6.30pm		ZUMBA Spring		ZUMBA Spring				 BODYFLOW Rotation
7.30pm	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	
6.30am	BUTTS N GUTTS Cara	INTERVAL CYCLING Melanie	INTERVAL CYCLING ABS Melanie	INTERVAL CYCLING Melanie	BUTTS N GUTTS Cara	11.15am	 BODYFLOW Rotation	
9.15am					 BODYFLOW Joel			
12.15pm	INTERVAL CYCLING Philip	 BODYFLOW Kat/Melissa		 BODYFLOW Kat/Melissa	INTERVAL CYCLING Philip			
2.30pm	 BODYFLOW Stephanie		 BODYFLOW Stephanie		 BODYFLOW Angelia			
6.00pm		BUTTS N GUTTS Nadine		BUTTS N GUTTS Nadine				
6.15pm			 BODYFLOW Eva/Angelia					
6.20pm	INTERVAL CYCLING Melanie					6.30pm		 BODYFLOW Rotation