



Class Schedule

09.07.10

	BIG ROOM	H ₂ O	CYCLING	MIND/BODY STUDIO	SMALL GROUP TRAINING
MONDAY	6:00am Ab Lab 30min (Mind/Body Studio) 8:30am Cardio Interval Kathy 50min 9:30am Step Challenge Catherine 50min 5:30pm Interval Express Jeff E. 35min 6:20pm Group Power@ Chris 60min	9:10am Aqua PUMP Tighe 50min 6:00pm H ₂ O Rock N Roll Diana 45min	9:30am Cycle Challenge Stephen 60min	9:00am Pilates Challenge Julie 50min 10:30am Yoga Fundamentals Kathy 60min 12:00pm FUNDamental Pilates Mark 50min 4:30pm Yoga Flow Michele 75min	6:00am Catherine *G 7:00am Stephen *G 7:45am Kathy *G 9:00am Chris *GK 10:30am Michele *GK 11:30am Diana *YKG 12:30pm Jeff E. *GX 3:00pm Michele *G 6:15pm Mark *KE
TUESDAY	5:50am Group Power@ Catherine 60min 8:30am Body Blast Jessica 50min 9:30am Group Power@ Ali 60min 12:10pm Recess Michele 50min 7:05pm Ab Lab 30min (Mind/Body Studio)		8:25am Cycle Express Stephen 35min 5:30pm Power Ride Bryan L. 60min	9:00am Pilates Jam Mark 50min 10:15am Yoga Blend Diana 60min 6:30pm Pilates for All Krystal 50min	6:00am Laurie *G 7:30am Chris *GK 8:30am Kathy *GK 11:00am Laurie *G 5:30pm Susan *K
WEDNESDAY	5:50am Cardio Ab Lab 30min (Mind/Body Studio) 8:30am Group Power@ Kathy 60min 9:40am Zumba Ali 50min 12:10pm Cardio Ab Lab 30min (Mind/Body Studio) 6:20pm Group Power@ Bryan 60min	9:10am 100% Cardio Michele 50min	6:20am Cycle Express Jessica 35 mins 9:00am Cycle Zone Challenge Catherine 60min	8:00am Dynamic Yoga Catherine 55min 9:00am Pilates Surprise Krystal 50min 5:00pm Yoga Flow Michele 55min	8:15am Jeff E. *G 9:00am Mark *G 12:30pm Jeff E. *GX
THURSDAY	5:50am Group Power@ Catherine 60min 8:30am Cardio Step Kathy 50min 9:30am Group Power@ Ali 60min 12:10pm Group Power@ Michele 60min 7:00pm Ab Lab 30min (Big Room)	6:00pm Aqua PUMP Tighe 45min	8:45am Cycle Express Susan 35min 5:30pm Cycle Challenge Bryan 60min	8:00am Pilates For All Julie 50min 9:00am Hatha Yoga Catherine 60min	6:00am Stephen *G 8:30am Michele *GK 11:00am Laurie *K 1:30pm Jeff E. *GX 5:00pm Mark *G
FRIDAY	6:00am Ab Lab 30min (Mind/Body Studio) 8:30am Zumba Ali 50min 9:30am Group Power@ Susan 60min	9:10am Aqua Interval Chris 50min	9:30am Cycle Challenge Michele 60min	9:30am Pilates Challenge Mark 50min 10:30am Tai Chi Jeff B. 50min	6:00am Chris *GK 8:00am Mark *G 9:45am Diana *YG 10:45am Michele *G 11:20am Michele *KE 12:30pm Diana. *Y - Private 1:30pm Jeff E. *GX
SATURDAY	9:30am The Athlete Inside Us Jeff E. 60min	9:30am H2O Surprise Rotating: View Online 60min	8:15am Extended Journey Bryan L. 75min	9:30am Pilates For All Mark 50min 10:30am Yoga Blend Diana 60min	8:30am Stephen *G 9:30am Mark *G 10:30am Jeff E. *G
SUNDAY	10:30am Ab Lab 30min (Big Room) 3:00pm Ab Lab 30min (Big Room)				*CG: Cardio Gravity 35min G: Gravity 35min *GX: Gravity Extended 60min *GB: Gravity Bootcamp 60min *GK: Gravinesis 55min *K: Kinesis 55min *KE: Kinesis Express 35min *YG: YoGravity 35min *YKG: Yokivity 55min

Small Group Training >>> Schedule and Info >>>

Email Trainer directly to confirm an opening and reserve your session.

chris_e@bodybusiness.com | diana_v@bodybusiness.com | jeff_e@bodybusiness.com | kathy_k@bodybusiness.com | laurie_r@bodybusiness.com
mark_g@bodybusiness.com | michele_m@bodybusiness.com | stephen_d@bodybusiness.com | susan_c@bodybusiness.com

Small Group Training is an additional fee. Space is limited. Reserve your spot today!

Tags are required for all equipment based classes and all Mind/Body Classes.

Tags are at the Front Desk 30-minutes prior to class start or at club opening.

One tag per member on a first come, first serve basis. Please keep your tag until your instructor collects them at the start of class.

Our Class Schedule is subject to change. Please visit bodybusiness.com to view our most updated schedule!