

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am Boot Camp Julie	5:45am Cycle/Abs Marianne	5:45 am Boot Camp Julie	5:45am Cycle/Abs Marianne	5:45am Marianne	8:00 am* Step Plus Michelle
8:45am* Cycle Suzie	8:45am Boot Camp Suzie	8:45 am* Cycle Suzie	8:45* Step Plus Roxanne	8:45am* Cycle Suzie	9:15 am* Extreme Kickbox Workout Adriana
9:00am STRIDE Joanne	9:45am* Circuit City Pam	9:00am STRIDE Joanne	 10:00am* Boot Camp Julie	9:00am STRIDE Joanne	10:30 AM Bodypump @ Team
10:00am** Hatha Yoga Suzie	11:30 Balance by Design (45 min.) Debbie	10:00am Marianne	11:30am**Hatha Yoga Brandt	10:00am Dave	12:00 Sherri
 4:30 PM Joanne	4:30pm Danelle	4:30pm Cycle/Sculpt Adriana	11:30am**Balance by Design (45 min.) Debbie (In the Yoga Studio)	 4:30 Absolutely Core Natalia	3:30 Low Impact Wendy
5:30pm Step Plus Susan	5:30pm Cycle Leslie	5:30pm Ab-Solution Natalia	4:30pm Peggy	4:30 SUNDAY	8:00 AM Nina
6:30pm Cycle Teresa	6:30pm Low Impact/Sculpt Wendy	6:30pm Cycle Mary	5:30pm Step Plus Michelle	8:00 AM Nina	9:00am Cardio Express (45 minutes)
7:30 Bellydance Sherri	7:30 Sherri	7:30 Dave/Tina	6:30pm Low Impact/Sculpt Wendy	5:30pm CYCLE Teresa	9:45 am Power Sculpt (45 minutes)
					Joanne/Wendy
					Questions or comments? Contact Marianne Grossman (714)546-8560 X230 or email FitCat01@aol.com

All classes are one hour long, unless otherwise indicated. Look for special markings: * = 1 hr. & 15 min. class ** = 1 hr. & 30 min. class