






GROUP EXERCISE SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>12:05-12:45</u> Pilates w/ Sandi</p> <p><u>5:30-6:30</u> Belly Dance Level 2 w/ Melanie</p> <p><u>5:30-6:30</u> Combat Cardio w/ Travis</p> <p><u>6:30-7:30</u> Belly Dance Level 1 w/ Melanie</p>	<p><u>12:05-12:45</u> Butts & Guts w/ Sandi</p> <p><u>5:30-6:15</u> Kick Boxing W/ Chanon</p> 	<p><u>12:05-12:45</u> Body Sculpting w/ Sandi</p> <p><u>5:30-6:30</u> Zumba w/ Kristin</p> <p><u>6:30-7:30</u> Shotokan Karate</p>	<p><u>12:05-12:45</u> Kick Boxing w/ Chanon</p>  <p><u>5:30-6:15</u> Spin Class w/ Katie</p> <p><u>5:30-6:30</u> Combat Cardio w/Travis</p>	<p><u>12:05-12:45</u> YOGA w/ Sandi</p>	<p><u>10:00-10:45</u> Spin Class w/Katie</p> <p><u>3:30-5:00</u> Shotokan Karate w/Chad</p> 

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