

# Class Schedule



*creating a*

# body in balance

## April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 Pilates  5:00 Zumba 6:00 Zumba	2 9:00 Yoga  12:30 Body Sculpt	3 8:30 Body Sculpt  9:45 Survivor
4	5 9:15 Body Sculpt  10:15 Pilates 12:00 Body Sculpt	6 8:00 Yoga 9:15 Pilates 10:15 Spin 5:00 Zumba 6:00 Zumba	7 4:15 Body Sculpt  5:30 Pilates	8 9:15 Pilates  5:00 Zumba 6:00 Zumba	9 9:00 Yoga  12:30 Body Sculpt	10 8:30 Body Sculpt  9:45 Survivor
11	12 9:15 Body Sculpt  10:15 Pilates 12:00 Body Sculpt	13 8:00 Yoga 9:15 Pilates 10:15 Spin 5:00 Zumba 6:00 Zumba	14 4:15 Body Sculpt  5:30 Pilates	15 9:15 Pilates  5:00 Zumba 6:00 Zumba	16 9:00 Yoga  12:30 Body Sculpt	17 8:30 Body Sculpt  9:45 Survivor
18	19 9:15 Body Sculpt  10:15 Pilates 12:00 Body Sculpt	20 8:00 Yoga 9:15 Pilates 10:15 Spin 5:00 Zumba 6:00 Zumba	21 4:15 Body Sculpt  5:30 Pilates	22 9:15 Pilates  5:00 Zumba 6:00 Zumba	23 9:00 Yoga  12:30 Body Sculpt	24 8:30 Body Sculpt  9:45 Survivor
25	26 9:15 Body Sculpt  10:15 Pilates 12:00 Body Sculpt	27 8:00 Yoga 9:15 Pilates 10:15 Spin 5:00 Zumba 6:00 Zumba	28 4:15 Body Sculpt  5:30 Pilates	29 9:15 Pilates  5:00 Zumba 6:00 Zumba	30 9:00 Yoga  12:30 Body Sculpt	

Classes may vary month to month. Please Call . . . 603.433.0300