














# GROUP FITNESS Winter 2009

## GRAND STUDIO – Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M.		 Marie		 Marie		
8:30 A.M.						 Erin
9:15 A.M.		 April		 April		
9:35 A.M.						 Kristy & Sheree
5:45 P.M.				 Toni		
6:00 P.M.	 Kimberly	 Marie & Kim	 Sheree			

## BABY GRAND STUDIO–Group Fitness Room (upstairs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 p.M.	 Toni					

## SPI N STUDIO – SIREN SPIN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M.	SIREN SPIN Robbie		SIREN SPIN Ray		SIREN SPIN Robbie	
8:30 A.M.			SIREN SPIN Trish			
9:15 A.M.	SIREN SPIN Julie				SIREN SPIN Trish	
5:45 P.M.	SIREN SPIN Robbie	SIREN SPIN Kirby		SIREN SPIN Kirby		