

BLAINE MAIN STUDIO Effective March 1st, 2017

	M	T	W	TH	F		SAT	SUN
5:15 AM	TOTAL BODY FITNESS <i>Amy</i>		TOTAL BODY FITNESS <i>Stacy</i>	TOTAL BODY FITNESS <i>Amy</i>				
8:15 AM		ZumbaGold <i>Anu</i>	BODYPUMP <i>Janet</i>	Zumba Gold <i>Anu</i>		8:00AM	TBK TotalBody Kickboxing <i>Sanja</i>	BODYPUMP™ (8:15) <i>Sanja</i>
9:30 AM	TOTAL BODY FITNESS <i>MaryD</i>	TBK TotalBody Kickboxing <i>Jill</i>	ZUMBA <i>Darcy</i>	PIYO <i>Janet/MaryD</i>	BODYPUMP <i>Janet</i>	9:00AM	STEP <i>Janet</i>	
10:30 AM	SILVERSNEAKER YOGA <i>Sylvia</i>	SILVERSNEAKERS <i>Renee</i>	TOTAL BODY FITNESS <i>Tahana</i>	SILVERSNEAKERS (10:40) <i>Sylvia</i>	SILVERSNEAKERS (10:45) <i>Beth</i>	10:15AM	BODYPUMP™ Ann	
11:45 AM						11:30AM	ZUMBA <i>Ann</i>	ZUMBA(11:00) <i>Steph/Darcy</i>
4:30 PM	KETTLEBELL <i>Tahana</i>	CORE N MORE <i>Theresa</i>		BODYPUMP™ Express <i>Penny</i>		4:00PM		TBF/Pound) <i>Theresa</i>
5:30 PM	RIPPED <i>Ann</i>	TOTAL BODY FITNESS <i>Theresa</i>	RIPPED <i>Penny</i>	ZUMBA <i>Stephanie</i>	BODYPUMP™ Express <i>Sanja</i>			
6:45 PM	BODYPUMP <i>Robyn</i>	ZUMBA <i>Ann</i>	BODYPUMP™ <i>Penny</i>	POUND <i>Ann</i>	ZUMBA (6:30) <i>Sandra</i>		please bring your own yoga mat	
8:00 PM	ZUMBA <i>Anu</i>		ZUMBA <i>Anu</i>				YELLOW SIGNIFIES CHANGE	

BLAINE CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15 AM		ROAD RAGE <i>Stacy</i>			ROAD RAGE <i>Gina</i>			
8:30 AM								
9:30 AM	ROAD RAGE <i>Julie</i>		ROAD RAGE <i>Tahana</i>		ROAD RAGE <i>Beth</i>	9:00AM	ROAD RAGE <i>Sanja</i>	ROAD RAGE <i>Sanja(9:30)</i>
5:45 PM	ROAD RAGE (5:30) <i>Tahana</i>							
6:00 PM		ROAD RAGE <i>Sanja/Beth</i>		Road Rage (6:30) <i>Sanja</i>	ROAD RAGE (6:30) <i>Sanja</i>			

BLAINE MIND/BODY STUDIO

	M	T	W	TH	F		SAT	SUN
9:15 AM	YOGA (9:30) <i>Michele</i>	BARRE-XF <i>Sylvia</i>	YogaSculpt (9:30) <i>Mary</i>	BARRE-XF <i>Sylvia</i>	YOGA(9:30) <i>Mary/Michele</i>	9:30AM	YOGA (9:00) <i>Ann</i>	YOGA <i>Ann</i>
10:30 AM	FUSION <i>Michele</i>	YOGA <i>Nicole</i>		YOGA <i>Michele</i>		10:00AM	Fusion (10:00) <i>Theresa</i>	
5:30 PM	YOGA <i>Nicole</i>	YOGA(5:15) <i>Jen</i>	BARRE-XF <i>Sylvia</i>	YOGA <i>Jeff</i>	YOGA <i>Nicole</i>			Please bring
6:45 PM	YOGA <i>Nicole</i>		YOGA <i>Nicole(6:30)</i>	STEP <i>Charles</i>				your own yoga mat

BLAINE AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	AQUAFIT <i>Lindy</i>		AQUAFIT <i>Lindy</i>		AQUAFIT <i>Lindy</i>			POOL RESERVED DURING CLASSES
9:30 AM		AQUA ZUMBA <i>Anu</i>		AQUA ZUMBA <i>Anu</i>			AQUA ZUMBA (10:30) <i>Darcy</i>	
6:30PM	AQUA ZUMBA <i>Cindy</i>							