

# HALES CORNERS SCHEDULE (EFFECTIVE AUGUST 1st)

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM	BODY PUMP (Steve)	KETTLEBELL** (Sarah)	BODY PUMP (Diane)			7:00AM	YOGA (Stacy)	
8:30AM	KETTLEBELL* (8:45) (Kelly B)		BODY PUMP (8:15) (Jessi)		YOGA (8:00) (Nancy)	8:15AM	BODY PUMP (Debbie)	BODY ATTACK (8:00) (Debbie)
9:30AM	STRONG by Zumba (Kelly B)	BODY ATTACK (9:00) (Jessi)	ZUMBA (Kelly)	CORE N MORE** (9:15) (Tahnee)	BODY PUMP (Annie)	9:30AM	BARRE* (Brooke)	BODY PUMP (9:15) (Debbie)
10:45AM	BODY FLOW (Jen C)	ZUMBA TONING (Mary Jo)	YOGA (Nancy)		ZUMBA (Kaye)	10:15AM	STRONG by Zumba (Brooke)	POUND** (10:30) (Kelly)
12:00PM		SILVER SNEAKERS CLASSIC (Kaye)	SILVER SNEAKERS YOGA (Nancy)	SILVER SNEAKERS CLASSIC (Kaye)		11:30 AM		ZUMBA (Kelly)
4:30PM	YOGA** (MaryAnn)		BODY PUMP (4:15) (Kaytee)					
5:30PM	POUND** (5:45) (Erica)	BODY ATTACK (Dan)	ZUMBA (Jesus)	BODY PUMP (5:45) (Debbie)	BODY FLOW (ThuVan)		* 30 MIN	**45 MIN
6:45PM	ZUMBA (Victor)	BODY PUMP (ThuVan)		KETTLEBELL* (7:00) (Sarah)			BRING WATER , MAT AND TOWEL	
8:00PM		YOGA (Nancy)		ZUMBA (7:45) (Dena)			CLASS SCHEDULE SUBJECT TO CHANG	

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM	ROAD RAGE (Alyssa)	ROAD RAGE (Alyssa/Stacy)			ROAD RAGE (Alyssa)	8:30AM	ROAD RAGE (Lori)	
9:30AM	ROAD RAGE (Ann)		ROAD RAGE (Melanie)		ROAD RAGE (Heather)	9:45AM	ROAD RAGE (Margaret)	
PM	ROAD RAGE (5:30) (Ann)	ROAD RAGE (5:30) (Louise)	ROAD RAGE (5:15) (Heather)	ROAD RAGE (5:30) (Louise)	ROAD RAGE (5:45) (Justine)			CYCLE CLASSES ARE 45 MIN

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
AM		AQUA FIT (10:00) (Ann)		AQUA FIT (9:15am) (Jen Ci)		9:00 AM	AQUA FIT (Rosanna)	
6:30 PM	AQUA FIT (Kathleen)							POOL RESERVED DURING CLASSES