

APRIL

# MENASHA

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM		BODYPUMP <i>Bob</i>	*CXWORX <i>Jacee</i>	BODYPUMP <i>Jacee</i>		8:15 AM	*CXWORX <i>Jacee</i>	
8:30 AM	BODYPUMP <i>Julie</i>		BODYCOMBAT EXPRESS <i>Rebecca</i>	KETTLEBELL <i>Meg</i>	BODYPUMP <i>Amy</i>	8:30 AM		BODYPUMP <i>Jacee</i>
9:30 AM		*CX/BF <i>JessR</i>	BODYPUMP <i>Amy</i>	*CX/BF <i>JessR</i>		9:00 AM	BODYCOMBAT <i>Richelle/Kova</i>	
10:45 AM		SS CLASSIC <i>Mary</i>			SS CLASSIC <i>Mary</i>	9:30 AM		BODYFLOW <i>JessR</i>
4:15PM	(4:30) STEP TBF <i>Melissa</i>			BODYPUMP <i>Bob</i>		10:30 AM	ZUMBA <i>Shelly</i>	
5:00 PM		(5:15) *TBF <i>StephC</i>	*BOOTYWORX <i>Meg</i>					
5:30 PM	BODYPUMP <i>Anne</i>			BODYCOMBAT <i>Briana</i>				
6:15 PM		BODYCOMBAT <i>Kova</i>	BODYPUMP <i>Kova</i>					*45 min classes
6:45PM	ZUMBA <i>JulieF</i>			ZUMBA <i>Erika</i>				YELLOW SIGNIFIES CHANGE

## MIND/BODY STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	*TRX <i>Val</i>					9:15 AM	BODYFLOW <i>Joan</i>	
8:30 AM		*TRX <i>Cody</i>	YOGA <i>Nikki</i>					
9:30 AM	BODYFLOW <i>Sue</i>				BODYFLOW <i>Nikki</i>			
5:15 PM				BODYFLOW <i>Nikki</i>				
5:30 PM		YOGA <i>Nikki</i>	*TRX <i>Steph C</i>					

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	RPM <i>Jacee</i>		RPM <i>Deb</i>		RPM <i>JessF</i>	7:15 AM	RPM <i>Deb</i>	RPM <i>Jacee</i>
8:15 AM		(8:45) RPM <i>Sue</i>		RPM <i>JessR</i>	RPM <i>Scott</i>			
9:15 AM	RPM <i>JessR</i>							
5:15 PM	RPM <i>LisaV</i>		RPM <i>LisaV</i>					
6:00 PM		moved to APPLETON! Same time-same class!						

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:00 AM	AQUA FIT <i>Meg</i>		AQUA FIT <i>Meg</i>		AQUA FIT <i>Becky</i>	8:30 AM	AQUA FIT <i>Meg</i>	
5:45 PM	*AQUA ZUMBA <i>Laura</i>		(6:00)* AQUA ZUMBA <i>Nicole</i>					POOL RESERVED DURING CLASSES

\*schedules subject to change