

RACINE SCHEDULE (EFFECTIVE APRIL 1st)

MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM	INSANITY <i>Amy</i>		BODY PUMP <i>Suzanne</i>	BODY COMBAT <i>Amy</i>	TOTAL BODY FITNESS <i>Amy</i>	8:00AM	YOGA** <i>Marie</i>	BODY PUMP <i>Rotation</i>
9:00AM		POUND* (9:15) <i>Annie</i>	BODY PUMP <i>Amy</i>	CXWORX* (9:15) <i>Annie</i>	YOGA**(8:30) <i>Marie</i>	9:00AM	BODY PUMP <i>Michelle</i>	BODY COMBAT (9:15) <i>Amy</i>
9:30AM	BODY PUMP <i>Annie</i>			ZUMBA TONING (10:00) <i>Romi</i>	BODY PUMP <i>Amy</i>	10:15AM	CXWORX* <i>Michelle</i>	
10:45AM	ZUMBA** <i>Romi</i>		SENIOR STRENGTH <i>Ben</i>					
4:15 PM			YOGA** <i>Marie</i>					
5:15PM	INSANITY* <i>Gavin</i>	CORE N MORE** (5:00) <i>Marie</i>	INSANITY* <i>Gavin</i>	BODY PUMP (5:30) <i>Dave</i>			*30 MIN	**45 MIN
6:00PM	YOGA** <i>Marie</i>	ZUMBA <i>Kyle</i>	ZUMBA <i>Norma</i>	ZUMBA (6:45) <i>Elisa</i>			BRING WATER, MAT AND TOWEL	
7:15PM	BODY PUMP (7:00) <i>Elyse</i>		TOTAL BODY FITNESS <i>Norma</i>				CLASS SCHEDULE SUBJECT TO CHANGE	

CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM		ROAD RAGE <i>Gina</i>				9:00 AM	ROAD RAGE <i>Liz</i>	
8:30 AM	ROAD RAGE <i>Charlie</i>			ROAD RAGE <i>Tom</i>				
6:00PM	ROAD RAGE <i>Tom</i>			ROAD RAGE <i>Liz</i>			ALL CYCLE CLASSES ARE 45 MIN	

AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:45 AM	AQUA ZUMBA** <i>Romi</i>							