

## RACINE SCHEDULE (EFFECTIVE MAY 1st)

### MAIN STUDIO

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

### CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM		ROAD RAGE (Gina)				9:00 AM	ROAD RAGE (Liz)	
6:00PM	ROAD RAGE (Tom)			ROAD RAGE (Liz)		ALL CYCLE CLASSES ARE 45 MIN		

### AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:45 AM	AQUA ZUMBA** (Rommi)							