

# RACINE SCHEDULE (EFFECTIVE OCTOBER 1ST)

## MAIN STUDIO

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

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15 AM		ROAD RAGE (Gina)				9:00 AM	ROAD RAGE (Liz)	
8:15 AM		ROAD RAGE (Charlie)		ROAD RAGE (TOM)				
6:00PM	ROAD RAGE (Tom)			ROAD RAGE (Liz)		ALL CYCLE CLASSES ARE 45 MIN		