














Byram Courthouse

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>SPINNING</i> 5:00 am  Spin Mimi		<i>SPINNING</i> 5:00 am  Spin Mimi			
5:30 am Water Aerobics Cheryl		5:30 Water Aerobics Cheryl		5:30 Water Aerobics Cheryl	
6:00 am Chisel Errol	<i>SPINNING</i> 6:00 am  Spin Steve		<i>SPINNING</i> 6:00 am  Spin Steve	6:00 am Chisel Errol	
8:15 am Chisel Michelle		8:15 am Chisel Michelle			
<i>SPINNING</i> 8:30 am  Spin Tammy	8:30 am Hot Salsa Sujan		8:30 am Cardio Mixer Georgette	8:30 am Salsa Sujan	
	<i>SPINNING</i> 8:30 am  Spin Ginger			<i>SPINNING</i> 8:30 am  Spin Amy	
	9:30 am Yoga Wendy	<i>SPINNING</i> 9:30 am  Spin Ginger		9:30 am Yoga Wendy	<i>SPINNING</i> 9:00 am  Spin Amy
9:30 am Pilates Georgette	9:30 am Water Aerobics Georgette	9:45 am Silver Sneakers Jennifer	9:30 am Silver Sneakers Georgette		
10:30 am Silver Sneakers Ginger			10:30 am Gentle Pilates Jennifer		10:00 am Chisel
			10:30 am Water Aerobics Georgette		
<i>SPINNING</i> 5:00 pm  Spin Carolyn	4:00 pm Cardio Sculpt Amy		4:00 pm Cardio Sculpt Amy		
5:30 pm Kick Abs Rhonda			<i>SPINNING</i> 5:15 pm  Spin Amy		
5:45 pm Cardio Mixer Rhonda	5:30 pm Dance Off Roger & Tina	<i>SPINNING</i> 5:45 pm  Spin Rosa			
<i>SPINNING</i> 6:00 pm  Spin Steve	5:45 pm Spin Rosa	5:45 pm Cardio Kick box Chris	6:00 pm Chisel Kathy		
6:00 pm Water Aerobics Cheryl		6:45 pm Kick Abs Rosa	6:00 pm Water Aerobics Cheryl		
7:00 pm Yoga Wendy	6:30 pm Chisel Kathy				

SPINNING



Indoor
Cycling
Class

