

Lakeland Courthouse

GROUP EXERCISE SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	5:40 ABS-Lou		5:40 ABS-Lou		5:40 ABS-Lou		
	6:00 Lou	 6:00 Eric	 6:00 Lou	 6:00 Eric	 6:00 Lou		
	6:15 Debbie Abs/Step it Up		6:15 Debbie Abs/Step it Up		6:15 Debbie Abs/Step it Up		
		6:15-Martha Deep Water Running		6:15-Martha Deep Water Running			
		 8:15 Eric		 8:15 Eric			
	9:00 X-10 Chloe	9:00 Abs Shellie	9:00 X-10 Jodie	9:00 Bodyump XHeather		8:00/8:15 ABS/YOGA Jean	
		9:15 Bodyump Shellie				 9:00 Instntruction Rotatation	
			9:45 Yogilates Jodi	9:45 Dance Grooves Roger & Tena		9:15 Bootcamp X Instnuctor Rotation	
	9:00-Robin Deep Water	9:00-Karen Deep Water	9:00-Robin Deep Water	9:00-Karen Deep Water	9:00-Robin Deep Water	9:15-Betti Deep Water	
	10:00-Michele' PACE Women Only	10:30 Silver Sneakers Robin	10:00-Michele' PACE Women Only	10:30 Silver Sneakers Robin		10:00 Bodyump Instnuctor Rotation	
	11:30 Spinning Shellie				 11:30 Spinning Shellie		
	11:00 Water Walk & Wts Marilyn		11:00 Shallow Water & Wts—Marilyn		11:00 Shallow Water & Wts Marilyn		
	12:00 X-10 Georgette	12:00- COREMAX Georgette	12:00 X-10 Georgette	12:00 COREMAX Georgette	12:00 X-10 Georgette		2:00- Betti Deep Water
							 2:45 Spin Eric/lacey
	4:15 Vinyasa Yoga Jean						4:00 Power Yoga Jean
	4:30 Chris	 4:30 Lacey	 4:30 Chris	 4:30 Lacey			
	5:15 ABS Tena	5:15 ABS Colleen		5:15 ABS Harry			
	5:30 Choreorbics Roger & Tena	5:30 Boot Camp X Colleen	5:30 Yoga Abs Jean	5:30 Boot Camp X Lisa			
	5:30-Betti Deep Water		5:45 Power Yoga -Jean	5:30-Betti Deep Water			
	5:30 Lacey	 5:30 Harry		 5:30 Harry			
			6:00 Shallow Water & Wts Marilyn				
	6:30 YOGA Jean	6:15 Bodyump Ex.- Heather		6:15 Bodyump Ex. Harry			

SPINNING



Indoor
Cycling
Class

Water
Class

