











May Madison 51 Courthouse

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:00 Spin Erin	5:15 Bootcamp X Colleen	5:00 Chizel Colleen	5:15 Bootcamp X Tee	 5:00 Spin Erin		
		 5:45 Spinning Colleen				
8:30 Xtreme-10 Tee	8:30 Chizel Heather	 8:30 Spinning Shellie	8:30 Chizel Jopi	8:30 Xtreme-10 Shellie	8:30 Bootcamp X Rotation	
 9:15 Spinning Heather	9:15 Yogilates Brandi			 9:15 Spinning Shellie	 8:30 Spinning Rotation	
9:45 Silver Sneakers Melva					9:30 Chizel Rotation	
					10:30 Yogilates Rotation	
12:15 Yoga Jean			11:00 Silver Sneakers Melva			
						 2:15 Spinning Rotation
						3:00 Ab Express Rotation
						3:15 Xtreme-10 Rotation
	4:45 Chizel Shellie		4:45 Chizel Colleen			
5:00 Bootcamp X Shellie		 5:00 Spinning Colleen				
	5:30 Ab Express Shellie		5:30 Ab Express Colleen			
 5:45 Spinning Erin	5:45 Step Express Shellie	5:45 Bootcamp X Colleen	5:45 Turbo Kick Shellie			
5:45 Turbo Kick Team Teach						
6:30 Yogilates Heather	6:30 Bootcamp Low Erin	6:30 Chizel Rotation	6:30 Bootcamp Low Team Teach			
Cardio/ Strength Classes	Strength Classes	Spinning Classes	Yoga Classes	Silver Sneakers Classes		

GROUP EXERCISE SCHEDULE

