






Madison 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>
 SPINNING Joe 5:05 am	Body Pump Express Nancy 5:05 am	 SPINNING Lori 5:05 am	Body Pump Express Karen 5:05 am	 SPINNING Lori 5:05am		
Ab Express Teresa 8:30 am	Yogalaties Nancy 6:00 am	 SPINNING Jeff 7:00 am	Yoga Lynn 6:00			
 SPINNING Teresa 8:45 am		Power Yoga Donna 8:30 am	 SPINNING Nancy 8:45 am	Pilates Lorry 8:15 am		
Body Pump Teresa 9:30 am	Xtreme 10 Angela 9:00 am	Xtreme 10 Vanecca 9:30 am	Body Pump Nancy 9:30 am	Step Express Angela 9:15 am	Strictly Step Amy/Lynn 9:00	
Yoga Karen 10:30	Ab Express Angela 9:45				Body Pump 10:00 am	
	Pilates Michelle 10:00 am					
Pilates Karen 12:00 pm	Kardio Kids Ages 3-6 11:00—11:30 Ages 7-11 11:30—12:00	Silver Sneakers Robin 11:15 am	Kardio Kids Ages 3-6 11:00—11:30 Ages 7-11 11:30—12:00	 SPINNING Karen 12:00 pm		
Silver Sneakers Robin 1:00 pm	Body Pump Teresa/Pam 12:00 pm	 SPINNING Karen 12:00 pm	Pilates Karen 12:00			Abs Teresa 3:15 pm
Slow & Chair Yoga Robin 1:45						Xtreme 10 Teresa 3:30 pm
			 SPINNING Karen 4:30			Yoga John/ Karen 4:30 pm
		Abs Tina 5:15 pm	Yoga Karen 5:15 pm	 SPINNING Jeff 5:00 pm		
Body Pump Edie 5:30 pm	Step Express Amy 5:30 pm	Choreorobics Dance Off Roger & Tina 5:30 pm				
Turbo Kick Cheri & Brittini 6:30 pm	Yoga John 6:15 pm		Body Pump Edie 6:15 pm			 SPINNING Jeff 6:00 pm



Indoor
Cycling
Class

Water
Class

