

LATITUDE™ sports clubs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-6:45 SPIN Cheryl	5:30-6:15 SPIN Lynda	6:00-6:45 SPIN Kim D.	5:30-6:15 SPIN Martha	6:00- 6:45 SPIN Cheryl	7:15-8:10 CARDIO KICKBOX Jacqueline	7:15-8:00 SPIN Cheryl	
6:00-7:00 ATHLETIC YOGA Jodi	6:00-6:45 PUMP IT UP! Tracey	6:00-6:45 TO THE CORE Kelly	6:00-7:00 POWER PUMP Kim D.		7:15-8:00 SPIN Cheryl	7:30-8:25 POWER PUMP Sherri	
8:30-9:25 Reebok Core Strength Lisa		8:15-9:15 ATHLETIC YOGA Kelly (studio 3)	8:15-9:00 BOOT CAMP Stephanie (track)	8:00-9:00 GENTLE YOGA Colleen	8:15-9:10 PILATES Sue		
9:00-10:00 PILATES Maria (court 1)	8:30-9:15 PILATES Sue	8:30-9:25 PUMP IT UP! Lisa	8:30-9:15 PILATES Christine	9:00-10:00 PILATES Jeanne(court 1)	8:30-9:15 SPIN Cathy S.	8:30-9:15 SPIN Sherri	
9:15-10:00 SPIN Kim D.	9:15-10:00 SPIN Sue	9:15-10:00 SPIN Tanya	9:15-10:00 SPIN Stephanie	9:15-10:00 SPIN Kim S./Paula B.		8:30-9:30 STEP IT UP! Stephanie	
9:30-10:25 STEP,PUMP & JUMP Christine	9:15-10:25 STEP 'N PUMP IT UP! Stephanie	9:30-10:25 CARDIO KICKBOX Jane	9:15-10:25 ZUMBA! Lisa	9:15-10:00 CARDIO 'N GO Stephanie/Paula B.	9:15-10:10 ZUMBA! Lisa C.	9:30-9:40 CRUNCH TIME Stephanie	
10:15-11:00 SPIN Paula B.		10:15-11:00 SPIN Tanya		10:15-11:00 SPIN Tanya	9:30-10:15 SPIN Sue		
10:30-11:30 LINEDANCING Gerri	10:30-11:15 STRETCH 'N TONE Linda	10:30-11:30 LINEDANCING Gerri	10:30-11:30 YOGA Jodi	10:30-11:15 STRETCH 'N TONE Paula P.	10:15-11:10 *YOGA/STRETCH Colleen/Barb/Paula	9:45-10:55 ATHLETIC YOGA Stephanie	
	11:15-12:15 ZUMBA GOLD! Jennifer				*class will alternate weekly- instructor will be posted		
12:00-1:00 ATHLETIC YOGA Whitney	12:05-1:00 SPIN/CRUNCH Paula B.	12:00-1:00 SLOW FLOW YOGA Jodi	12:05-1:00 SPIN/CRUNCH Paula B.				
	4:15-5:00 SPIN Stephanie		4:15-5:00 SPIN Kim C./Scott T.	4:30-5:15 SPIN Sherri			
4:30-5:25 BOOT CAMP Dennis		4:30-5:25 PUMP IT UP! Paula/Dennis	4:30-5:25 JUST STEP Sherri	4:30-5:25 ZUMBA! Sandy			
5:30-6:25 CARDIO KICKBOX Kim S.	5:30-6:30 PUMP IT UP! Kim D.	5:30-6:25 CARDIO KICKBOX Stephanie	5:30-6:25 PUMP IT UP!! Paula P./Carol	5:30-6:30 BOOT CAMP Sherri			
5:30-6:15 SPIN Sue		5:30-6:15 SPIN Kim S.	5:30-6:15 SPIN Kim C.				
6:30-7:25 PILATES Maria		6:30-7:30 PILATES Maria					
6:30-7:15 SPIN Lola	6:30-7:15 SPIN Kim D.	6:30-7:15 SPIN Kristin					Schedule effective July, 2010
	6:30-7:25 HIP HOP! Stephanie B.		6:30-8:00 ATHLETIC YOGA Stephanie				
7:30-8:30 ZUMBA! Tracey	7:30-8:30 GENTLE YOGA Barbara				LATITUDE sports clubs #978-462-5662		

