

Gold's Gym Charlottesville

May 22 - May 28

GROUP CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	RPM 6:00-6:50 Kasey	SPRINT 6:00 - 6:30 Kasey/Melissa	SPRINT 6:00-6:30 Rima		RPM 6:00-6:50 Brittney		
8:30 AM		RPM 8:35-9:25 Heidi	NEW	RPM 8:30-9:20 Robin		NEW	SPRINT 8:30 - 9:00 Melissa
9:30 AM			RPM 9:30-10:20 Heidi		RPM 9:30-10:20 Heidi	RPM Plus 9:30-10:30 Stephen	
10:15AM				Cycle 12:00-12:50 Tim			RPM PLUS 10:15-11:15 Robin
12:00PM		SPRINT 12:00-12:30 Kelly	NEW	SPRINT 4:45-5:15 Rima			
5:30 PM	RPM 5:45-6:45 Melissa	RPM Plus 5:30-6:30 Kasey/Melissa	RPM 4:25 - 5:15 Brittney	RPM Plus 5:30-6:30 Kasey			
6:00 PM			SPRINT 6:00-6:30 Melissa				

MIND~BODY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM		Body Flow 9:30-10:30 Melissa	Hatha Yoga 9:30 - 10:30 Crystal	Body Flow 9:30-10:30 Kelly	CXWORX 8:55-9:25 Heidi	Vinyasa Yoga 9:00 - 10:00 Beth	
10:30 AM	Kidzercise 10:35-11:05	Kidzercise 10:35-11:05	Kidzercise 10:35-11:05	Kidzercise 10:35-11:05	Kidzercise 10:35-11:05	Body Flow 10:30-11:30 Jen	
12:00 PM	Hatha Yoga 12:00-1:00 Kelly				Hatha Yoga 12:00-1:00 Crystal	Kidzercise 11:45 - 12:15	Vinyasa Yoga 12:00 - 1:00 Beth
4:30 PM					NEW		NEW
5:30 PM	Body Flow 5:30-6:30 Cassy	Hatha Yoga 5:30-6:30 Beth	Body Flow 5:30-6:30 Jen	Hatha Yoga 5:30-6:30 Cynthia	Vinyasa Yoga 5:30-6:30 David		
6:45 PM	Kidzercise 6:45-7:15	Kidzercise 6:45-7:15	CXWORX 6:35-7:05 Jen Kidzercise 7:15 - 7:45	Kidzercise 6:45-7:15	Kidzercise 6:45-7:15		

Serious Fitness - For Every Body!