GROUP EXERCISE SCHEDULE

Gold's Gym - Charlottesville - (434) 973-1307

May 22 - May 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	**Insanity** 5:45-6:45 **Bekkah**	**Body Pump** 6:00-7:00 **Lois**	**P90X** 5:45-6:30 **Andrea**	**Body Pump** 6:00-7 :00 **Paula**	**Bootcamp** 5:45-7:05 **Andrea**		
		CXWORX 8:00-8:30 Heidi	**CXWORX** 6:35-7:05 Andrea	**Zumba Exp** 8:25-9:25 **Rachel**			
8:25 AM	**Body Pump** 8:25-9:25 **Robin**	**Body Step Exp** 8:35-9:25 **Karen**	**CXWORX** 8:55-9:25 Heidi	**Bootcamp- in gym** 8:40-9:30 **Melissa**	**BodyStep Exp** 8:35 - 9:25 **Karen**	**Body Step** 8:25-9:25 **Rima**	NEW **Body Step** 9:00 - 10:00 **Lisa**
9:30 AM	**Body Combat** 9:30-10:30 **Melissa**	**Body Pump** 9:30-10:30 **Cassy**	**Body Combat** 9:30-10:30 **Melissa**	**Body Pump** 9:30-10:30 **Melissa**	**Body Flow** 9:30-10:30 **Melissa**	**Body Pump** 9:30-10:30 **Heidi**	**Body Flow** 10:15-11:15 **Jen**
10:35 AM	**ZUMBA** 10:35-11:35 **Linda**	**CXWORX** 10:35-11:05 Kelly	**Forever Fit** 10:35-11:50 **Linda**	**CXWORX** 10:35-11:05 Kelly	**Forever Fit** 10:35-11:50 **Linda**	**CXWORX** 10:35-11:05 Heidi	
		Silver Sneakers 11:10-11:55 **Kelly**		**Silver Sneakers** 11:10-11:55 **Kelly**		**Zumba** 11:10-12:10 **Rachel**	**Body Pump** 11:30-12:30 **Janay**
12:00 PM	**Body Pump Exp** 12:00-12:50 **Heidi**	**TABATA** 12:00-12:50 **Angie**	**Body Pump Exp** 12:00-12:50 **Angie**	**Body Step Exp** 12:00-12:50 **Lisa**	**Body Pump Exp** 12:00-12:50 **Robin**	**Body Combat** 12:15 - 1:00 **Samantha**	
4:25 PM	**P90X** 4:25-5:25 **Andrea**	**TABATA** 4:25-5:25 **Andrea**	**Body Pump** 4:25-5:25 **Cassy**		**BodyPump/CX** 4:25-5:25 **Allison**		
5:30 PM	**Body Combat** 5:30-6:30 **Paula**	**Body Pump** 5:30-6:30 **Paula**	**Bootcamp** 5:30 - 6:30 **Mahogany**	**Body Pump** 5:30-6:30 **Cassy**	NEW		
6:35 PM		**BodyAttack Exp** 6:35-7:05 **Carla/Jen**	**Body Combat** 6:35-7:35 **Melanie**	**POUND** 6:35-7:05 **Corinne**	NEW		
7:40 PM	**ZUMBA Exp** 7:40-8:25 **Corinne**	Sh'bam 7:10 - 7:55 **Brittney**		**Zumba** 7:10-8:10 **Vivian**			

Club Hours

Monday-Thursday
5:00 A.M - 10:00 P.M
Friday
5:00 A.M - 9:00 P.M
Saturday & Sunday
8:00 A.M - 6:00 P.M

Childcare Hours

Monday - Friday
8:00 A.M - 1:00 P.M
& 4:00 P.M - 8:00 P.M

Saturday
8:00 A.M - 1:00 P.M
Sunday
8:30 AM - 1:00 PM