

November 2009 - Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Yoga HR 2:00 ME EL 2:30 Spin (30 mins) EL 3:00 Power Ride LG 3:00 Yoga DP 1	4:30 Attack/Pump CN 5:30 100% Step Hoyt 6:00 Spin LMB 6:30 Power Yoga' KS 6:30 Body Pump CN 7:35 Body Pump TG 2	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride LM 6:00 Mindful Yoga DP 6:35 Body Attack CN 7:30 Belly Dancing AW 3	5:00 Hula Hoop MC 5:30 Zumba DD 6:00 Power Ride LM 6:00 Pilates Sarah 6:35 Body Pump JC 7:40 100% Step Hoyt 4	5:30 Body Attack LMB 6:00 Spin (45min) Kara 6:00 Vinyasa Flow DP 6:35 Body Pump BK 5	5:30 Body Pump JC 6	 7
Yoga Worksho TH Chakras 2 – 4:30 pm 2:00 ME JH 2:30 Spin (30 mins) JH 3:00 Power Ride LG 8	4:30 Attack/Pump CN 5:30 100% Step Hoyt 6:00 Spin Kara 6:30 Power Yoga' KS 6:30 Body Pump Mary 7:35 Body Pump CN 9	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride LM 6:00 Mindful Yoga DP 6:35 Body Attack EH 7:30 Belly Dancing AW 10	5:00 Hula Hoop MC 5:30 Zumba LIZ 6:00 Power Ride LG 6:00 Pilates Sarah 6:35 Body Pump JC 7:40 100% Step Hoyt 11	5:30 Body Attack CN 6:00 Spin (45min) LMB 6:00 Vinyasa Flow DP 6:35 Body Pump BK 12	5:30 Body Pump Mary 13	 14
1:00 Yoga JK 2:00 ME EL 2:30 Spin (30 mins) EL 3:00 Power Ride LG 3:00 Yoga DP 15	4:30 Attack/Pump CN 5:30 100% Step Hoyt 6:00 Spin Kara 6:30 Power Yoga KS 6:30 Body Pump CN 7:35 Body Pump TG 16	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride LM 6:00 Mindful Yoga DP 6:35 Body Attack CN 7:30 Belly Dancing AW 17	5:00 Hula Hoop MC 5:30 Zumba DD 6:00 Power Ride Mary 6:00 Pilates Sarah 6:35 Body Pump JC 7:40 100% Step Hoyt 18	5:30 Body Attack EH 6:00 Spin (45min) LMB 6:00 Vinyasa Flow DP 6:35 Body Pump BK 19	5:30 Body Pump DC 20	 21
1:00 Yoga HR 2:00 NO ME TODAY 2:30 Spin (30 mins) Mary 3:00 Power Ride Mary 3:00 Yoga DP 22	4:30 Attack/Pump CN 5:30 100% Step Hoyt 6:00 Spin Kara 6:30 Power Yoga KS 6:30 Body Pump Mary 7:35 Body Pump CN 23	4:30 Pilates LR 5:15 Abs / Sculpt EL 6:00 Power Ride LM 6:00 Mindful Yoga DP 6:35 Body Attack EH 7:30 Belly Dancing AW 24	No evening Classes due to Thanksgiving 25	Closed for Thanksgiving 26	5:30 Body Pump Mary 27	 28
1:00 Yoga TH 2:00 ME EL 2:30 Spin (30 mins) EL 3:00 Power Ride Mary 3:00 Yoga DP 29	4:30 Attack/Pump CN 5:30 100% Step Hoyt 6:00 Spin Kara 6:30 Power Yoga KS 6:30 Body Pump CN 7:35 Body Pump TG 30					 31
AW Alexandria W. BH Beth BK Bridget K. CN Carrie N DA Donna A.	DC Dave C. DN Dee Dee N. DP Darlene P. EL Elizabeth M. EM Erik M.	EH Erica H. JH Janeen H. JC Jen C. JK Johanna K. Kim Kim S.	KS Kitty S. LG Lauren G. LP Liz LC Laura C. LM Libby M.	LMB Lisa Marie B. LR Libby R. Mary Mary C. MR Monte R.	MS Missy S. P&L Peter & Lai Sarah Sarah B. SB Stacie B.	TH Teresa H. TG Teresa G. HR Heidi R. Hoyt Hoyt