

# October 2009 - Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30 Body Attack EH 6:00 Power Ride LMB 6:00 Vinyasa Flow DP 6:30 Body Pump BK 7:30 Belly Dancing AW <div style="text-align: right;">1</div>	5:30 Body Pump JC <div style="text-align: right;">2</div>	<div style="text-align: right;">3</div>
1:00 Yoga JK 2:00 ME EL 2:30 Spin (30 mins) EL 2:30 ME LG 3:00 Power Ride LG 3:00 Yoga DP <div style="text-align: right;">4</div>	4:30 Cardio Sculpt LMB 5:30 Step Interval Lois 6:00 Power Ride LMB 6:30 Power Yoga' LM 6:30 Body Pump Mary 7:30 Body Pump CN <div style="text-align: right;">5</div>	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride Mary 6:00 Mindful Yoga DP 6:30 Body Attack EH 7:30 Hip Hop JC <div style="text-align: right;">6</div>	4:30 Hula Hoop MC 5:30 Zumba Liz 6:00 Power Ride LM 6:00 Pilates Sarah 6:30 Body Pump JC 7:30 100% Step LMB <div style="text-align: right;">7</div>	5:30 Body Attack CN 6:00 Power Ride Kara 6:00 Vinyasa Flow DP 6:30 Body Pump Mary 7:30 Belly Dancing AW <div style="text-align: right;">8</div>	5:30 Body Pump DC <div style="text-align: right;">9</div>	<div style="text-align: right;">10</div>
1:00 Yoga JC 2:00 ME TBA 2:30 Spin (30 mins) TBA 2:30 ME LG 3:00 Power Ride LG 3:00 Yoga DP <div style="text-align: right;">11</div>	4:30 Cardio Sculpt LMB 5:30 Step Interval Lois 6:00 Power Ride LMB 6:30 Power Yoga KS 6:30 Body Pump CN 7:30 Body Pump TBA <div style="text-align: right;">12</div>	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride KS 6:00 Mindful Yoga DP 6:30 Body Attack CN 7:30 Hip Hop JC <div style="text-align: right;">13</div>	4:30 Hula Hoop MC 5:30 Zumba Lois 6:00 Power Ride LG 6:00 Pilates Sarah 6:30 Body Pump JC 7:30 100% Step LMB <div style="text-align: right;">14</div>	5:30 Body Attack EH 6:00 Power Ride LMB 6:00 Vinyasa Flow DP 6:30 Body Pump BK 7:30 Belly Dancing AW <div style="text-align: right;">15</div>	5:30 Body Pump JC <div style="text-align: right;">16</div>	<div style="text-align: right;">17</div>
1:00 Yoga JK 2:00 ME TBA 2:30 Spin (30 mins) TBA 2:30 ME LG 3:00 Power Ride LG 3:00 Yoga DP <div style="text-align: right;">18</div>	4:30 Cardio Sculpt LMB 5:30 Step Interval Lois 6:00 Power Ride LMB 6:30 Power Yoga KS 6:30 Body Pump CN 7:30 Body Pump TBA <div style="text-align: right;">19</div>	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride Mary 6:00 Mindful Yoga DP 6:30 Body Attack CN 7:30 Hip Hop JC <div style="text-align: right;">20</div>	4:30 Hula Hoop MC 5:30 Zumba Liz 6:00 Power Ride LG 6:00 Pilates Sarah 6:30 Body Pump JC 7:30 100% Step LMB <div style="text-align: right;">21</div>	5:30 Body Attack LMB 6:00 Power Ride Kara 6:00 Vinyasa Flow DP 6:30 Body Pump Mary 7:30 Belly Dancing AW <div style="text-align: right;">22</div>	5:30 Body Pump JC <div style="text-align: right;">23</div>	<div style="text-align: right;">24</div>
1:00 Yoga Liz 2:00 ME EL 2:30 Spin (30 mins) EL 2:30 ME LG 3:00 Power Ride LG 3:00 Yoga DP <div style="text-align: right;">25</div>	4:30 Cardio Sculpt LMB 5:30 Step Interval Lois 6:00 Power Ride LMB 6:30 Power Yoga KS 6:30 Body Pump CN 7:30 Body Pump TBA <div style="text-align: right;">26</div>	4:30 Pilates DA 5:15 Abs / Sculpt EL 6:00 Power Ride TBA 6:00 Mindful Yoga DP 6:30 Body Attack CN 7:30 Hip Hop JC <div style="text-align: right;">27</div>	4:30 Hula Hoop MC 5:30 Zumba Lois 6:00 Power Ride LM 6:00 Pilates Sarah 6:30 Body Pump JC 7:30 100% Step LMB <div style="text-align: right;">28</div>	5:30 Body Attack EH 6:00 Power Ride LMB 6:00 Vinyasa Flow DP 6:30 Body Pump BK 7:30 Belly Dancing AW <div style="text-align: right;">29</div>	5:30 Body Pump DC <div style="text-align: right;">30</div>	<div style="text-align: right;">31</div>
TBA To Be Announced AL April L. Amy Amy AW Alexandria W. 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. J&D Jen & David JH Janeen H. JC Jen C.	JK Johanna K. Kim Kim S. KS Kitty S. L&K Libby & Kitty LG Lauren G.	LP Liz LC Laura C. LM Libby M. LMB Lisa Marie B. Lois Lois G.	LRS Libby R.Snith Mary Mary C. MR Monte R. MS Missy S. P&L Peter & Lai	Sarah Sarah B. SB Stacie B. TH Teresa H.