Marrero - Group Fitness Class Schedule-August 2nd to September 5th, 2014

MARRERO - WEST JEFF FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						
5:30 AM	BOOTCAMP 60 mins	Tummy Tightener - 30 mins	BOOTCAMP 60 mins	Tummy Tightener - 30 mins	BOOTCAMP 60 mins	
6:00 AM	SPINNING Debbie(60 mins)	Power Pump Debbie(60mins)	SPINNING Debbie(60 mins)	flow YOGA Debbie(60 mins)	SPINNING Debbie(60 mins)	
7:00 AM		Body Boosts BOOTCAMP 60 mins		Body Boosts BOOTCAMP 60 mins		
8:00 AM	MADNESS Chandra(60 mins)		MADNESS Debbie(60 mins)		MADNESS Pat (60 mins)	
9:00 AM	SPINNING Gina(30 mins)	Fitness 101 Gina(30 mins)	SPINNING Gina (30 mins)	Fitness 101 Gina(30 mins)	SPINNING Gina(30 mins)	9am CHALLENGE
9:30 AM	Power Pump Gina(30mins)	Tummy Tightener - 30 mins	Power Pump Gina(30mins)	Tummy Tightener - 30 mins	Power Pump Gina(30mins)	60 mins(Sue G/Chandra)
10:30 PM			Gentle Yoga Suzanne(60 mins) - AR2			
11:00 AM	Fitness 101 Chandra(45 min)	SILVER SNEAKER CLASSIC Gina (45 mins)	Fitness 101 Chandra(45 min)	SILVER SNEAKER CLASSIC Gina (45 mins)		
12:10 PM	MADNESS Pat(45 mins)	SPINNING Pat (45 mins)	MADNESS Pat(45 mins)	SPINNING Pat(45 mins)	MADNESS Pat(45 mins)	
1:00 PM		Line Dancing Melissa(60mins)		Line Dancing Melissa(60 mins)		
4:30 PM	Power Pump Stacy(45mins)		Power Pump Daric(45mins)			
5:15 PM	flow YOGA Su[illegible] SPINNING Stacy(60 mins)			CHALLENGE Angie(60mins)		
5:30 PM	BOOTCAMP ABS 45 mins (AR2)	BOOTCAMP 60 mins (AR2) Power Pump Debbie(60mins) SPINNING Angie(60 mins)	ZUMBA FITNESS Tim (60 mins) flow YOGA Suzanne(60 minutes)-AR2	BOOTCAMP 60 mins (AR2)		
6:15 PM	CHALLENGE Chandra(60mins)			SPINNING Angie(30 mins)		
6:30 PM	ZUMBA FITNESS Jean(60 mins)AR(2)			Line Dancing Melissa(60 mins)		7/29/2014