



## EVERETT CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM		<u>Mat Pilates (1)</u> Tom		<u>Mat Pilates (1)</u> Tom		<u>Zumba (4)</u> Debbie
9:30 AM		<u>Cycle (2)</u> Stacey		<u>Total Body Conditioning (4)</u> Stacey		
10:00 AM	<u>Zumba (4)</u> Julia		<u>Turbo Kick Box (4)</u> Julia		<u>Turbo Kick Box (4)</u> Julia	
11:00 AM						<u>300 Class (4)</u> Allison
12:00 PM						<u>Ultimate Kick Box (3)</u> Allison
3:00 PM						<u>Salsa (4)</u> Gicela
4:00 PM					<u>Salsa (4)</u> Gicela	
4:30 PM		<u>Total Body Conditioning (3)</u> Kim		<u>Cycle (2)</u> Kim		
5:30 PM	<u>Ultimate Kick Box (3)</u> Brian		<u>Ultimate Kick Box (3)</u> Leo			
5:30 PM			<u>Yoga Flow (1)</u> Kathy			
5:45 PM		<u>Turbo Kick Box (4)</u> Allison		<u>Turbo Kick Box (4)</u> Allison		
6:00 PM	<u>Yoga Flow (1)</u> Kathy				<u>Ultimate Kick Box (3)</u> Brian	
6:30 PM	<u>Total Body Conditioning (4)</u> Robin	<u>Ultimate Kick Box (3)</u> Allison	<u>Total Body Conditioning (4)</u> Allison	<u>Ultimate Kick Box (3)</u> Allison		
6:30 PM		<u>Cycle (2)</u> Anthony	<u>Cycle (2)</u> Anthony	<u>Cycle (2)</u> Anthony		
7:00 PM				<u>Mat Pilates (1)</u> Tom		
7:00 PM	<u>Zumba (4)</u> Robin		<u>Zumba (4)</u> Christine	<u>Zumba (4)</u> Debbie		

Yoga Studio (1)    Cycle Studio (2)    Kick Box Studio (3)    Aerobic Studio (4)  
 30 Minutes    45 Minutes    60 Minutes    75 Minutes

**ALL CLASSES ARE FREE TO MEMBERS**