



Fall/Winter 2010 Class Schedule Starts 9/7/10

Monday		Tuesday		Wednesday		Thursday	
6:15-7:15 AM	Boot Camp	6:15-7:00 AM	Interval Spin	6:15-7:15 AM	SASY Hybrid	6:15-7:00 AM	End/Strgth Spin
6:15-7:15 AM	SASY Hybrid	7:15-8:00 AM	End/Strgth Spin	7:15-8:15 AM	Sports Yoga	7:15-8:00 AM	Interval Spin
7:15-8:15 AM	Sports Yoga	8:15-9:00 AM	Interval Spin	8:15-9:00 AM	Interval Spin	8:15-9:00 AM	End/Strgth Spin
8:15-9:00 AM	End/Strgth Spin	8:15-9:15 AM	Sports Yoga	12:00-1:00 PM	SASY Hybrid	8:15-9:00 AM	Sports Yoga
12:00-1:00 PM	SASY Hybrid	12:00-12:45 PM	End/Strgth Spin	5:15-6:00 PM	End/Strgth Spin	12:00-12:45 PM	Interval Spin
5:15-6:00 PM	Interval Spin	12:00-1:00 PM	Sports Yoga	5:15-6:15 PM	Sports Yoga	12:00-1:00 PM	Sports Yoga
5:15-6:15 PM	Sports Yoga	5:15-6:00 PM	End/Strgth Spin	6:15-7:00 PM	Interval Spin	5:15-6:00 PM	Interval Spin
6:15-7:00 PM	End/Strgth Spin	5:15-6:15 PM	Sports Yoga	6:15-7:15 PM	Sports Yoga	5:15-6:15 PM	Sports Yoga
6:15-7:15 PM	Sports Yoga	6:00-7:00 PM	Boot Camp			6:00-7:00 PM	Boot Camp
		6:15-7:00 PM	Interval Spin			6:15-7:00 PM	End/Strgth Spin
		6:15-7:15 PM	Sports Yoga			6:15-7:15 PM	Sports Yoga

SASY Hybrid Class is 30 minutes of Spinning and 30 minutes of Sports Yoga

Friday		Saturday		Sunday	
6:15-7:15 AM	SASY Hybrid	9:30-10:30 AM	Boot Camp	10:00-10:45 AM	Interval Spin
7:15-8:15 AM	Sports Yoga	9:30-10:45 AM	75 Min Spin	11:00-12:00 PM	Sports Yoga
8:15-9:00 AM	End/Strgth Spin	11:00-12:00 PM	Sports Yoga	12:15-1:00 PM	Intro Workshop*
12:00-1:00 PM	SASY Hybrid	12:15-1:00 PM	Intro Workshop*		
5:15-6:00 PM	Interval Spin				
5:15-6:15 PM	Sports Yoga				
6:15-7:00 PM	End/Strgth Spin				
6:15-7:15 PM	Sports Yoga				

*See Website for Topic of Intro Workshop – It alternates between Intro to Spinning and Intro to Sports Yoga