

## Aerobic Schedule 07-02-2012

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8:30am to 9:30am							
9:30am to 10:30am	<b>Circuit Training Theano</b>	<b>Stretch + Core Theano</b>	<b>Kick Boxing Theano</b>	<b>Spinning * Theano</b>	<b>Step Fitness Theano</b>		
10:00am to 11:00am						<b>10:00-11:30 Military Circuits Raquel</b>	<b>10:00-11 Zumba Shelly</b>
5:30pm to 6:30pm		<b>6:00-7:00 Thighs, Butt N Gut Shelley</b>	<b>6:30-7:15 Zumba Candy</b>	<b>6:30-7:30 Yoga Suzanne</b>			<b>11:00-12 Spinning * Anthony</b>
7:00pm to 8:00pm	<b>6:45-7:45 Aero-Salsa Luciana</b>	<b>7:30-8:30 Spinning* Marco</b>	<b>7:15-8:00 Yoga-Flex Candy</b>	<b>7:30-9:00 Raq-Hard Abs/Step- Pump Raquel</b>			
8:00pm to 9:00pm	<b>Dance Mix Raquel</b>						

\*3\$ fee per class, register at the front desk. Frais de 3\$ par cours inscription au comptoir d'avant

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