

MAC GROUP EXERCISE SCHEDULE – SEPTEMBER 2011

MAC AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDY 3	SUNDAY 4
8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBICS	8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		<i>NO CLASSES TODAY</i>
	9:15AM (45min)P H ₂ O PILATES		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>		
	11:00 AM P AQUALYTE		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT		6:00 PM P H ₂ O CHALLENGE <i>Bonnie</i>			4:00 PM P H ₂ O CIRCUIT

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
**5:45AM SS SPIN40&ABS20	**5:45AM SS MAC SPIN			6:00AM SS MAC SPIN <i>Emilie</i>		<i>NO CLASSES TODAY</i>
9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	9:30 AM SS 90MN MAC SPIN&SPAR	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS ???	
5:30 PM.SS MAC SPIN		5:30 PM.SS MAC SPIN				3:00 PM SPIN
	6:30 PM.SS MAC SPIN		6:30 PM.SS MAC SPIN ??			

** NEW TIME

MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDY 3	SUNDAY 4
					8:30 AM.GX1 TBS <i>Ruth</i>	<i>NO CLASSES TODAY</i>
9:30AM.GX1 LIA	9:30 AM.GX1 TBS	9:30 AM.GX1 LINEUP.DANCE	9:30 AM.GX1 JUST STEP <i>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK	10:30AM.GX1 STEP/STRGTH	10:30AM.M/B FITNESSYOGA	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Linda</i>		
10:30AM .M/B FITNESS.YOGA	10:30AM.M/B PILATES	10:30AM.GX1 3-2-1	10:30 AM.GYM TBS <i>Kellee</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF& SHINE	12:00PM.M/B TAI CHI	11:30AM.GX1 BUFF&SHINE	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM GX1 BODY FLOW
4:30PM M/B GENTLE.YOGA		4:30PM.M/B YIN YOGA				4:00 PM.M/B GENTL.YOGA
4:30PM GX1 BODYPUMP	4:30PM. M/B PRENATL.YOGA	5:30 PM.GX1 TBS		4:30PM GX1 KICKBOXING <i>Patricia</i>		
5:30 PM.GX1 KICKBOXING	5:30PM.M/B FITNESSYOGA	5:30PM M/B PILATES	5:30PM.M/B FITNESS YOGA <i>Arthur</i>			
		5:30PM GYM GET FIT				
5:30PM.M/B PILATES	5:30 PM.GYM ZUMBA	6:30 PM.GX1 BODY PUMP	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE	6:30 PM.GYM H.I.T.	6:30PM.M/B YOGA	6:30PM.GYM MAC.ATTACK <i>Melissa</i>			

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – SEPTEMBER 2011

MAC AQUA

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
8:30AM P H ₂ O AEROBICS <i>Patricia</i>	8:30AM (45min)P DEEP H ₂ O AEROBICS <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Louise</i>	8:30AM (45min)P DEEP H ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
LABOR DAY HOLIDAY	9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS NO CLASS	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE <i>Thelma</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Bonnie?</i>		6:00 PM P H ₂ O CHALLENGE <i>Bonnie</i>			4:00 PM P H ₂ O CIRCUIT <i>Kathleen</i>

MAC SPIN

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
**5:45AM SS SPIN 40&ABS 20 NO CLASS	**5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
**8:00 AM SS MAC SPIN 75min <i>Emilie</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS 90MN MAC SPIN & SPAR <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	8:30AM 75in MAC SPIN.SS <i>Monica</i>	
5:30 PM.SS MAC SPIN NO CLASS		5:30 PM.SS MAC SPIN <i>Monica</i>				3:00 PM MAC SPIN <i>Monica</i>
LABOR DAY HOLIDAY	6:30 PM.SS MAC SPIN <i>??</i>		6:30 PM.SS MAC SPIN <i>Debbie</i>			

** NEW TIME

MAC GROUP EX & MIND/BODY

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
LABOR DAY HOLIDAY					8:30 AM.GX1 TBS <i>Wendy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK NO CLASS	10:30AM.GX1 STEP/STRGTH <i>Laura</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>		
10:30AM .M/B FITNESS.YOGA <i>Jayne</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Michelle</i>	10:30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>		
11:30 AM.GX1 BUFF & SHINE NO CLASS	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM GX1 BODY FLOW <i>Marian</i>
4:30PM M/B GENTLE.YOGA NO CLASS		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Deborah</i>
4:30PM GX1 BODY PUMP NO CLASS	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Kellee?</i>		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING NO CLASS	5:30PM.M/B FITNESS YOGA <i>Jayne</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>			
		5:30PM GYM GET FIT <i>Jessica</i>				
5:30PM.M/B PILATES NO CLASS	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM 75min GX1 TBS/CORE NO CLASS	6:30 PM.GYM H.I.T. <i>Kim ?</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – SEPTEMBER 2011

MAC AQUA

MONDAY 12	TUESDAY 13	WEDNESDY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY 18
8:30AM P H ₂ O AEROBICS <i>Nellie?</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Louise</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P H ₂ O CHLLNGE <i>Bonnie</i>			4:00 PM P H ₂ O CIRCUIT <i>Kathleen</i>

MAC SPIN

MONDAY 12	TUESDAY 13	WEDNESDY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
**5:45AM SS SPIN40&ABS20 <i>Emilie</i>	**5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS 90MN MACSPIN&SPAR <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Deborah</i>	
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN ??				3:00 PM SPIN <i>Natalie</i>
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN <i>Patricia</i>			

** NEW TIME

MAC GROUP EX & MIND/BODY

MONDAY 12	TUESDAY 13	WEDNESDY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY 18
					8:30 AM.GX1 TBS <i>Monica</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Tracey</i>	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.GX1 STEP/STRGTH <i>Natalie</i>	10:30AM.M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Linda</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Patricia</i>	10: 30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM GX1 BODY FLOW <i>Marian</i>
4:30PM M/B GENTLE.YOGA <i>Sandi</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
4:30PM GX1 BODYPUMP <i>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Natalie</i>		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Kellee?</i>			
		5:30PM GYM GET FIT <i>Jessica</i>				
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Gwen</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – SEPTEMBER 2011

MAC AQUA

MONDAY 19	TUESDAY 20	WEDNESDY21	THURSDAY 22	FRIDAY 23	SATURDY24	SUNDAY 25
8:30AM P H ₂ O AEROBICS <i>Nellie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>???</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Nellie</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P H ₂ O CHLLNGE <i>Bonnie</i>			4:00 PM P H ₂ O CIRCUIT <i>Kathleen</i>

MAC SPIN

MONDAY 19	TUESDAY 20	WEDNESDY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
**5:45AM SS SPIN40&ABS20 <i>Emilie</i>	**5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS 90MN MAC SPIN&SPAR <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Natalie</i>	
5:30 PM.SS MAC SPIN <i>Natalie</i>		5:30 PM.SS MAC SPIN <i>Natalie</i>				3:00 PM SPIN <i>Natalie</i>
	6:30 PM.SS MAC SPIN <i>??</i>		6:30 PM.SS MAC SPIN <i>Patricia</i>			

** NEW TIME

MAC GROUP EX & MIND/BODY

MONDAY 19	TUESDAY 20	WEDNESDY21	THURSDAY 22	FRIDAY 23	SATURDY 24	SUNDAY 25
					8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.GX1 STEP/STRGTH <i>Laura</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Deborah</i>	10:30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF & SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Lise</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM GX1 BODY FLOW <i>Marian</i>
4:30PM M/B GENTLE.YOGA <i>Sandi</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Kellee?</i>
4:30PM GX1 BODYPUMP <i>Melissa ?</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING <i>Patricia??</i>		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>			
		5:30PM GYM GET FIT <i>Jessica</i>				
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Gwen</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – SEPTEMBER 2011

MAC AQUA

MONDAY 26	TUESDAY 27	WEDNESDY28	THURSDAY 29	FRIDAY 30	SATURDY	SUNDAY
8:30AM P H ₂ O AEROBICS ??	8:30AM (45min)P DEEPH ₂ O AEROBICS Bonnie	8:30AM P H ₂ O AEROBICS Patricia	8:30AM (45min)P DEEPH ₂ O AEROBIC Bonnie	8:30AM P H ₂ O AEROBICS Deborah		
	9:15AM (45min)P H ₂ O PILATES Bonnie		9:15AM (45min)P H ₂ O PILATES Bonnie			
9:45 AM P H ₂ O AEROBICS Louise	10:00 AM P H ₂ O ARTHRITIS Thelma	9:45 AM P H ₂ O AEROBICS Louise	10:00 AM P H ₂ O ARTHRITIS Thelma	9:45 AM P H ₂ O AEROBICS Louise		
	11:00 AM P AQUALYTE Thelma		11:00 AM P AQUALYTE Thelma		10:00 AM P H ₂ O SCULPT	
	6:00 PM P H ₂ O SCULPT Thelma		6:00 PM P H ₂ O CHLLNGE Stacy			4:00 PM P H ₂ O CIRCUIT

MAC SPIN

MONDAY 26	TUESDAY 27	WEDNESDY 28	THURSDAY 29	FRIDAY 30	SATURDAY	SUNDAY
**5:45AM SS SPIN40&ABS20 Emilie	**5:45AM SS MAC SPIN Emilie			6:00AM SS MAC SPIN Emilie		
9:30 AM SS MAC SPIN Laura	9:30 AM SS MAC SPIN Natalie	9:30 AM SS 90MN MAC SPIN & SPAR Michelle	9:30 AM SS MAC SPIN Kristen	9:30 AM SS MAC SPIN Natalie	8:30AM 75in MAC SPIN.SS	
5:30 PM.SS MAC SPIN Monica		5:30 PM.SS MAC SPIN Debbie				3:00 PM SPIN
	6:30 PM.SS MAC SPIN Gwen		6:30 PM.SS MAC SPIN Monica			

** NEW TIME

MAC GROUP EX & MIND/BODY

MONDAY 26	TUESDAY 27	WEDNESDY 28	THURSDAY 29	FRIDAY 30	SATURDY	SUNDAY
					8:30 AM.GX1 TBS	
9:30AM.GX1 LIA Sandy	9:30 AM.GX1 TBS Kellee	9:30 AM .GX1 LINEUP.DANCE Wendy	9:30 AM.GX1 JUST STEP Stephanie	9:30 AM.GX1 LIA Sandy	9:30AM.GX1 BODY PUMP	
10:00AM.GYM MAC ATTACK Kim	10:30AM.GX1 STEP/STRGTH Natalie	10:30AM.M/B FITNESSYOGA Deborah	10:30AM GX1 BODY PUMP Amy	10:30AM.GX1 STEP&STRGT Linda		
10:30AM .M/B FITNESS.YOGA Lise	10:30AM.M/B PILATES Sandi	10:30AM.GX1 3-2-1 Patricia	10:30 AM.GYM TBS Kristen	10:30AM.M/B PILATES Deborah		
11:30 AM.GX1 BUFF& SHINE Sandy	12:00PM.M/B TAI CHI Jack	11:30AM.GX1 BUFF&SHINE Wendy	11:30AM.M/B YOGALAX Sandi	11:30 AM.GX1 BUFF&SHINE Sandy	10:30AM.GX1 ZUMBA	1:30PM GX1 BODY FLOW
4:30PM M/B GENTLE.YOGA Sandi		4:30PM.M/B YIN YOGA Linda				4:00 PM.M/B GENTL.YOGA
4:30PM GX1 BODYPUMP Ruth	4:30PM. M/B PRENATL.YOGA Deborah	5:30 PM.GX1 TBS Kellee		4:30PM GX1 KICKBOXING Jessica		
5:30 PM.GX1 KICKBOXING Jessica	5:30PM.M/B FITNESSYOGA Debbie	5:30PM M/B PILATES Sandi	5:30PM.M/B FITNESS YOGA Jayne			
		5:30PM GET FIT Jessica				
5:30PM.M/B PILATES Kellee	5:30 PM.GYM ZUMBA Tracey	6:30 PM.GX1 BODY PUMP Ruth	5:30 PM.GYM ZUMBA Tracey			
6:30PM75minGX1 TBS/CORE Gwen	6:30 PM.GYM H.I.T. Gwen	6:30PM.M/B YOGA Arthur	6:30PM.GYM MAC.ATTACK Jessica			

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM