

Thursday					
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00		Power Mat (6:30 - 7:15) Wendy			
7:00 - 7:30			LIVESTRONG at the YMCA (7:15 - 8:15)		
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00	Guided Iyengar Practice (8:30 - 10:30) Liz Begins 3-10- 2011				
9:00 - 9:30		Pilates Sculpt (9:15-10:15) Wendy		Bike & Tone 3 (9:15 - 10:30)	
9:30 - 10:00				Judy	
10:00 - 10:30					
10:30 - 11:00	Gyrokinesis (10:40 - 11:50) Wendy	Zumba 3 (10:20-11:20) Brooke			
11:00 - 11:30					Child Care
11:30 - 12:00					
12:00 - 12:30	Yoga 5 Level 1 (12:00 - 1:30) Pam	Power Lunch 2 (12:15-1:00) Marie		Studio Cycling 4 (12:15 - 1:15) Dave	
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00		LIVESTRONG at the YMCA (1:15 - 3:00)			
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00		Dance 4 Hip Hop - Jazz (3:30 - 4:25)			
4:00 - 4:30					
4:30 - 5:00		Ballet 4 Beginning I	Dance 3 Hip-Hop	Teen Yoga (4:30 - 5:30) Caitie	
5:00 - 5:30	Yoga for Runners 2 (5:15 - 6:00) Lisa				
5:30 - 6:00		Ballet 8 (5:45 - 7:00) Open Level	Zumba 4 Jane		
6:00 - 6:30	Vinyasa Yoga 4 (6:15 - 7:15) Caitie			Dance 15 West African Dance (6:45 - 7:40)	Studio Cycling Intro (6:45 - 7:45)
6:30 - 7:00					
7:00 - 7:30		Fencing 6 Studio Fencing		Gianna	
7:30 - 8:00	Yoga 12 Level 1-2 (7:30 - 9:00) Alexa				Aikido 5 All Levels
8:00 - 8:30		Fencing 4 All Levels			
8:30 - 9:00					
9:00 - 9:30		Fencing 5 Practice/ Competition			
9:30 - 10:00					