

<b>Wednesday</b>					
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00		Java Jolt 6:30 - 7:15 Michelle B.			
7:00 - 7:30					
7:30 - 8:00					Conditioning for Life (7:30 - 8:15) Dan
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30			NIA 2 (9:15 - 10:10)	Group Strength 1 (9:15 - 10:15) Mary Beth	
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi			
10:00 - 10:30	Yoga 3 Level 1 (10:00 - 11:30)			NIA 5 Gentle NIA (10:15 - 10:55)	
10:30 - 11:00		Stephanie	Zumba 2 (10:30 - 11:30) Jane		
11:00 - 11:30	Exercise Lite Mimi			Flex & Firm (11:00 - 12:00) Megan	Child Care
11:30 - 12:00			Childwatch		
12:00 - 12:30		Cardio Pilates 2 (12:15- 1:15) Wendy		Complete Conditioning 1 (12:15 - 1:00) Amy	
12:30 - 1:00			Livestrong Grad Class		
1:00 - 1:30		LIVESTRONG at the YMCA (1:15 - 3:00)			
1:30 - 2:00					
2:00 - 2:30				Atlantis	
2:30 - 3:00	Gentle Yoga 2 (2:45 - 3:45)				
3:00 - 3:30		Toni			
3:30 - 4:00					
4:00 - 4:30	Yoga for Pregnancy (4:00 - 5:30)				
4:30 - 5:00		Toni	Beginning Pilates 2 (4:25 - 5:25) Jennifer	Dance 2 Tap & Jazz	Teen Strength & Conditioning (4:30 - 5:30) Libby
5:00 - 5:30					
5:30 - 6:00	Yoga 4 Level 1 (5:45 - 7:15)	Beginning Pilates 3 Jennifer	Dance 16 Bollywood		
6:00 - 6:30					
6:30 - 7:00	Pam	Cardio Karate 2 Morris	Karate 1 All Levels		
7:00 - 7:30					
7:30 - 8:00	Yoga 21 Level 2 (7:30 - 9:00)	Dance 10 Jazz & Hip- Hop (7:30 - 8:45)	Karate 3 7:30 - 8:30pm	Pilates on the Ball (7:45-8:45) Michelle R.	
8:00 - 8:30					Pam
8:30 - 9:00			Judo 5 Judo Club		
9:00 - 9:30					
9:30 - 10:00					