

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Morning</b>	<b>6:45</b> <b>Mat Pilates 45</b> Maria	<b>7:00</b> <b>Yoga</b> Liam <hr/> <b>10:00</b> <b>CardioSculpt</b> Jenna	<b>6:30</b> <b>Thighs, Butts, &amp; Guts 45</b> Jen	<b>7:00</b> <b>Yoga</b> Jess <hr/> <b>10:00</b> <b>On the Ball</b> Jenna	<hr/> <b>10:00</b> <b>Cycle 45</b> Rachel	<hr/> <b>10:00</b> <b>Step &amp; Sculpt</b> Julia		
<b>Mid-day</b>	<b>12:00</b> <b>Knockout</b> Katelyn <b>Cycle 45</b> Deanna <hr/> <b>4:00</b> <b>Step &amp; Sculpt</b> Allison <hr/> <b>5:00</b> <b>Yoga</b> Alanna <b>Cycle 45</b> Kaylee <hr/> <b>5:45</b> <b>Cycle 30</b> Kaylee	<b>12:00</b> <b>Cardio Combo</b> Allison <b>Cycle 45 w/Rachel</b> <hr/> <b>4:00</b> <b>Cardio 30 w/Julia C.</b> <hr/> <b>4:30</b> <b>Upper Body Blast 30</b> Julia C. <hr/> <b>5:00</b> <b>Thighs, Butts, &amp; Guts 45</b> Maria <hr/> <b>5:30</b> <b>Cycle 60 w/ Robin M.</b> <hr/> <b>5:45</b> <b>Zumba w/Janine</b>	<b>12:00</b> <b>CardioSculpt</b> Elizabeth <b>Lower Body Blast 45</b> Lauren <hr/> <b>4:00</b> <b>On the Ball</b> Allison <hr/> <b>4:15</b> <b>Yoga</b> Liam <hr/> <b>5:00</b> <b>Total Body Sculpt</b> Sara <hr/> <b>5:15</b> <b>Cycle 60</b> Kaylee	<b>12:00</b> <b>Total Body Sculpt</b> Sara <b>Cycle 45 w/Robin M.</b> <hr/> <b>4:00</b> <b>Cardio Combo</b> Jenna <b>Stretch &amp; Strengthen 45</b> Sara <hr/> <b>5:00</b> <b>Cardiobox</b> Meg <b>Cycle 30</b> Deanna <hr/> <b>5:45</b> <b>Mat Pilates</b> Maria	<b>12:00</b> <b>Cardiobox</b> Lauren <hr/> <b>1:00</b> <b>Fatburn</b> Colleen <hr/> <b>4:00</b> <b>On the Ball 45</b> Sara <b>Cycle 60</b> Kaylee <hr/> <b>4:45</b> <b>Funk 45</b> Janine <hr/> <b>5:15</b> <b>Abs 30 w/Sara</b> <hr/> <b>5:30</b> <b>Yoga w/Janine</b>	<hr/> <b>12:00</b> <b>Fatburn</b> Maria <hr/> <b>1:00</b> <b>Yoga</b> Alanna	<hr/> <b>4:45</b> <b>Yoga</b> Jess	
<b>Evening</b>	<b>6:00</b> <b>Cardiobox</b> Elizabeth <hr/> <b>6:15</b> <b>Cycle 60 w/Bethany</b> <hr/> <b>7:00</b> <b>Total Body Sculpt</b> Meg <hr/> <b>8:00</b> <b>CardioSculpt</b> Julia P. <hr/> <b>9:00</b> <b>Cardio Combo</b> Carly	<b>6:30</b> <b>Fatburn</b> Jen <hr/> <b>6:45</b> <b>Abs 30 w/ Meg</b> <hr/> <b>7:30</b> <b>Cycle 45</b> Meg <hr/> <b>7:30</b> <b>Cardiobox</b> Jenna <hr/> <b>8:30</b> <b>Cycle 45</b> Kaitlyn	<b>6:00</b> <b>Cardio 30</b> Sara <hr/> <b>6:15</b> <b>Cycle 45 @ B&amp;R</b> Kaitlyn <hr/> <b>6:30</b> <b>Energizer Combo</b> Elizabeth <b>Mat Pilates</b> Allison <hr/> <b>7:30</b> <b>Step w/Lauren</b> <hr/> <b>8:30</b> <b>Yoga</b> Alanna	<b>6:00</b> <b>Upper Body Blast 30</b> Elizabeth <hr/> <b>6:45</b> <b>Bootcamp</b> Bethany & Carly <hr/> <b>6:45</b> <b>Abs 30</b> Elizabeth	<p align="center"><b><u>Announcements</u></b></p> <p align="center">There will be a modified schedule for <b>Veterans Day 11/11/09.</b></p> <p align="center">Classes will be suspended for the Thanksgiving break 11/25/09-11/29/09. Please check the website for schedule updates!</p> <p align="center">Classes listed in blue (@ B&amp;R) take place at the Badger &amp; Rosen</p>		<b>6:00</b> <b>On the Ball</b> Jenna <hr/> <b>Cycle 60</b> Deanna <hr/> <b>7:00</b> <b>Step</b> Carly	