



SUMMER FITNESS

CLASSES 2011

STUDIO BASE ONE & TWO

MON	TUES	WED	THURS	FRI	SAT	SUN
		RISE & SHINE YOGA 7:45 - 8:45 (2) DEEPTI				
COMPLETE CORE 11:00 - 12:00 (2) BRENDA	COMPLETE CORE 11:00 - 12:00 (2) BRENDA			ZUMBA 12:00-1:00 (1) FRANCESCO	SPIN & CORE 11:00-12:00 (2) JULIE	
HATHA YOGA 12:00-1:00 (2) NATASHA	SPIN & CORE 12:00-1:00 (2) BRENDA	PILATES 12:00-1:00 (2) BRENDA	COMPLETE CORE 12:00-12:45 (2) BRENDA	SPIN & CORE 12:00-1:00 (2) BRENDA	PILATES 12:00- 1:00 (2) NICKOLOVE	POWER YOGA 12:00 - 1:30 (2) CARL
CARDIO KICK 1:00-1:45 (2) BRENDA	ASHTANGA YOGA 1:00-2:00 (2) TBC	COMPLETE CORE 1:00-2:00 (2) BRENDA	TAI CHI 1:00-2:00 (2) CARL	HATHA YOGA 1:00-2:00 (2) NATASHA	ZUMBA 1:00-2:00 (2) CLAUDIA	
		GET FIT CIRCUITS 5:15 - 6:30 (1) JULIE	KICKBOXING 1:00-2:00 (1) BRENDA	PILATES 2:00 - 3:00 (2) BRENDA		
CIRCUITS 5:15 - 6:30 (1) JOE	CARDIO CORE 6:00-7:00 (2) ALAN	ZUMBA 5:30-6:30 (2) FRANCESCO	PILATES 2:00-3:00 (2) NICKOLOVE	CIRCUITS 5.30-6.30 (1) JOE		
SPIN & CORE 6:30 - 7:30 (2) JOE	PILATES 7:00-8:00 (2) NICKOLOVE	AEROBIKING 6:30-7:30 (2) CORNEL	LBT 5:30-6:30 (1) BARBARA	ASHTANGA YOGA 6:30-8:00 (2) CARL		
ASHTANGA YOGA 8:00 - 9:00 (2) CARL	LATIN BURN 8:00-9:00 (2) PAOLA	VINYASA FLOW 8:00 -9:00 (2) DEEPTI	POWER YOGA 6:30-7:30 (2) SAM			

OUTDOORS

MON	TUES	WED	THURS	FRI	SAT	SUN
				RISE AND SHINE RUN CLUB 8-9AM BRENDA		

MEET AT ENERGY BASE RECEPTION FOR OUR RUNNING CLUB



DANCE SCHOOL



STUDIO BASE 1 CLASSES



STUDIO BASE 2 CLASSES