

	<h1>Winter 08</h1>								
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	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	5:15am	BODYPUMP Kim		BODYPUMP Diane		BODYPUMP Jenn			
	6:00am		Cardio Blast Tammy		Cardio BOSU Lori L		8.00am		
	6:45am		Abs & Lori Core Tammy		Abs & Lori Core Lori L		8.30am	BODYPUMP Jenn	
	9.00am	NIA Lisa-Anne	BODYPUMP Lori L		BODYPUMP Diane	Ageless Exercise Amanda	9.00am		Step and Strength Deb M
	12:00	BODYPUMP Lori L	Abs & Lori Core Lori L		Abs & Lori Core Lori L	BODYPUMP Jane	10:30am	BODYPUMP Gerard	
	4.30pm	Pilates Jane		Ageless Exercise Lori L			11:00		
	5.30pm	Cardio - Combo Amanda	Kickboxing Samantha	BODYPUMP Jane	Strength Training Tina		5.00pm		
	6.45pm	Abs & Lori Core Lori L	BODYPUMP Kim				6.00pm		

	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	6:00am	Cycle Dani							
	6.15am			Cycle Jenn		Cycle Jana	6.00am		
	9.00am			Cycle Dani			7:30am	Cycle Amanda/Sylvie	
	12.00pm			Cycle Jeff			12.00pm		
	5:30	Cycle Diane							
	6:00		Cycle Steve		I lost it Cycling Jana		5.00pm		

	6:00pm	Monday	Tuesday	Wednesday	Thursday	Friday	6:00pm	Saturday	Sunday
	6:45am								
	10:00								PIYO Tammy
	6:30	Gentle Flow Kripalu Yoga Dineen			Gentle Flow Kripalu Yoga Dineen		8:30am		

