




SHIRLEE'S FITNESS CLUB 2018

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30 AM			MUSCLE PUMP ANNETTE				
7:30 AM		AQUA LINDA B.	AQUA LINDA B.	AQUA LINDA B.	AQUA LINDA B.		
8 AM				STEPS TRACY	MUSCLE PUMP TRACY	XBARRE BODY SCULPT TORI	ULTIMATE CYCLE SUSAN
9 AM	ULTIMATE CYCLE SUSAN	 TRACY ULTIMATE CYCLE ANNETTE	 BRE ULTIMATE CYCLE ANNETTE	 LISA PUMP N PEDAL ANNETTE	ULTIMATE CYCLE ANNETTE	 BRE	MUSCLE PUMP MEL AQUA SUSAN
9:30 AM		AQUA LINDA B.	AQUA LINDA B.	AQUA LINDA B.	AQUA LINDA B.		
10 AM	CORE & FLOOR SUSAN	MUSCLE PUMP ANNETTE	MUSCLE PUMP JOJO	MIXED YOGA RITA	 CINDY	MUSCLE PUMP RITA	 LISA
11 AM		MIXED YOGA LINDA H.	FIT & FABULOUS TORI		RESTORATIVE YOGA JOJO	MIXED YOGA RITA	MIXED YOGA PAULETTE
12 PM				GENTLE AQUA JERRY		GENTLE AQUA JERRY	
2 PM	AQUA JERRY						
4:30 PM		AQUA JERRY	PILATES/ YOGA MIX JOJO		PILATES/ YOGA MIX JOJO AQUA JERRY		
5:30 PM		QUICKIES ANNETTE	 TONING TRACY	MUSCLE PUMP TRACY	QUICKIES ANNETTE		
6 PM		ULTIMATE CYCLE SUSAN	AQUA JERRY		 TRACY		
6:30 PM		 MARTHA		ULTIMATE CYCLE SUSAN			
7:30 PM		PILATES/ YOGA MIX PAULETTE					
CLUB HOURS		MON-THU FRIDAY SAT-SUN	5AM-10PM 5AM-9PM 8AM-6PM	<u>CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE/AND OR CANCELLATION WITHOUT NOTICE.</u> <u>HOLIDAY HOURS ARE SUBJECT TO CHANGE.</u>			

*PLEASE BRING A YOGA MAT OR LARGE TOWEL FOR ANY CLASS WITH FLOOR EXERCISES.PLEASE ARRIVE TO CLASS ON TIME AND NO CELL PHONE USAGE OR TALKING DURING CLASS SESSION.