




Monday, September 6th

Class Schedule

STUDIO 1	STUDIO 2	STUDIO 3 (Conf. Room)	STUDIO 4 (Upstairs)	CYCLE ROOM	AQUA
PFW Hours: 7am - 1pm					***Indicates a class in the lap pool
7:30 - 8:40 Boxing Pat	8:00 Rita 	8:00 - 9:15 Hatha Yoga Rhonda	90 minutes!	9:15 - 10:30 Cycle Blair	8:15 - 9:00 Cool Cardio Conditioning Lori ***
8:45 - 9:45 Boogie Box PFW's Boogie Girls	9:00 - 9:30 Ramp Strong Rita			9:15 - 10:15 Pilates Phil	9:00 - 9:30 Aqua Dance Lori ***
9:45 - 10:45 Step n' Style Vin	9:30 - 10:15 Ramping Rita	9:30 - 10:45 Gentle Yoga Donna			9:30 - 10:15 Aqua Tone Lori
10:45 - 11:45  Donna	10:50 - 11:35 Hip Hop Abs Vin	Take Boogie Box on Labor Day and earn a Summer Madness "Free Class". The Free Class can be applied towards any discipline, during any week of the challenge!			
11:45 - 12:45  Maggie	Welcome back, Donna!				

