

# Byram Courthouse Group Exercise

TIME	MON	TUE	WED	THU	FRI	SAT
6:00 AM	<b>Body Pump</b> Errol	<b>Pilates</b> Julie	<b>Zumba</b> Tisha (5:45 am)	<b>Spin</b> Steve	<b>Body Pump</b> Errol	
8:30 AM	<b>Spin</b> Tammy	<b>Spin</b> Ginger <b>Hot Salsa</b> Sujan	<b>Body Pump</b> Ginger	<b>Cardio Mixer</b> Georgette	<b>Spin</b> Amy	<b>Cardio Kickbox</b> Olga <b>Spin</b> Amy 9:00 AM
9:30 AM	<b>Pilates</b> Georgette	<b>Cardio Mixer</b> Georgette	<b>Spin</b> Ginger	<b>Power Yoga</b> Georgette		
10:30	<b>Silver Sneakers®</b> Ginger	<b>Silver Sneakers®</b> Bonnie	<b>Silver Sneakers®</b> Bonnie	<b>Silver Sneakers®</b> Georgette	<b>Zumba Gold</b> Kathleen	<b>Body Pump</b> 10:00 AM
4 PM	<b>Body Pump</b> Tee	<b>Cardio Sculpt</b> Amy	<b>Body Pump</b> Tee	<b>Cardio Sculpt</b> Amy		
5:30 PM		<b>Choreorobics</b> <b>Dance Groove</b> Roger & Tina (5:45)		<b>Spin (5:15)</b> Amy		
5:45 PM	<b>Kick Abs</b> Rhonda	<b>Spin</b> Rosa	<b>Spin</b> Rosa <b>Cardio</b> <b>Kick Box</b> Chris			
6:00 PM	<b>Spin</b> Steve  <b>Cardio Mixer</b> Rhonda	<b>Body Pump</b> 6:30 PM Kathy	<b>Kick Abs</b> 6:45 PM Rosa	<b>Body Pump</b> Kathy		