



**COURTHOUSE**  
RACQUET & FITNESS

# 2012

## DOWNTOWN GROUP CLASS SCHEDULE

### *EARLY MORNING*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM SPIN Joey Lee		6:00AM SPIN Joey Lee		6:00AM SPIN Joey Lee	

### *LUNCH TIME*

11:30AM SPIN Chris	11:30AM SPIN / ABS Carolyn	11:30AM SPIN Chris	11:30AM SPIN / ABS Carolyn		
	11:30AM *Low* HEAT		11:30AM *Low* HEAT		
12:10PM High HEAT w/Chris	12:10PM High HEAT w/Chris	12:10PM High HEAT w/Chris	12:10PM High HEAT w/Chris		
	12:20PM Chisel Candice	12:20PM YOGA John	← Begins 1/25		

### *EVENING*

5:15PM PILATES  Wendy	5:15PM HEAT BB Court Amber	5:15PM Chisel  Olga	5:15PM SPIN Amber		
5:15PM Chisel Olga BB Court	5:20PM Yoga Pilates Mandi	↑ BB Court	5:20PM Yoga Pilates Mandi		

**Schedule begins Tuesday, January 3<sup>rd</sup>**

12/29/2011 CB