

LAKELAND Courthouse--Group Exercise Class Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	Spin- Martha 5:00AM		Spin- Martha 5:00AM			
Abs Lou 5:40AM		Abs Lou 5:40AM		Abs Lou 5:40AM		
Spinning Lou- 6:00AM	Spinning Brad- 6:00AM	Spinning Lou- 6:00AM	Spinning Brad- 6:00AM	Spinning Lou- 6:00AM		
Abs/Step It Up Debbie 6:15AM	Deep Water Run Martha 6:15AM	Abs/Step It Up Debbie 6:15AM	Deep Water Run Martha 6:15AM			
	Spinning Tammy 8:30AM	Step-Strength Vanecca 8:30AM	Spinning Heather 8:30AM	Spinning Robert 8:30AM	ABS/YOGA Jean 8:00/8:15	
Deep Water Betti 9:00AM	Deep Water Karen 9:00AM	Deep Water Betti 9:00AM	Deep Water Karen 9:00AM	Deep Water Robin 9:00AM	Deep Water Betti 9:15AM	
	BodyPump Michelle 9:15AM		BodyPump Heather 9:15AM		Spinning 9:00AM	
PowerSculpt Michele 10:00 AM		PowerSculpt Michele 10:00 AM	Dance Grooves Roger/Tena 10:00 AM	Gentle Yoga Georgette 10:00 AM	Bodypump Rotation 10:00	
Silver Sneakers 11:00 AM		Silver Sneakers 11:00 AM	Silver Sneakers 11:00AM			
X-10 Georgette 12pm	COREMAX Georgette 12pm	X-10 Georgette 12pm	COREMAX Georgette 12pm	X-10 Georgette 12pm		
Vinyasa YOGA Jean 4:15pm						Deep Water Betti 2:00PM
Spinning Chris 4:30PM	Spinning Lacey 4:30PM	Spinning Chris 4:30PM	Spinning Marika 4:30PM			Spinning 2:45PM
Abs Tena 5:15pm	Abs Lacey 5:15pm					POWER YOGA Jean 4:00pm
Choreorbics Roger/Tena 5:30pm	Turbo Kick Lacey 5:30pm					
Spinning Lacey 5:30PM	Spinning Heather 5:30PM	YOGA ABS Jean 5:30pm	Spinning Harry 5:30PM			
Deep Water Betti 5:30PM		POWER YOGA Jean 5:45pm				
	BodyPump Heather 6:15PM		BodyPump Harry 6:15PM			
Yoga Julie 6:30		Zumba Renea 6:45				