

# MADISON 51 Courthouse-Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN Rogerick 5:00AM	BootCamp X Colleen 5:15AM	Bodypump Colleen 5:00AM	BootCamp X Colleen 5:15AM	SPIN Rogerick 5:00AM		
	Fusion (Yoga/Pilates) Karen 6:00AM	Spin Colleen 5:45AM				
Xtreme Tee 8:30AM	Bodypump Heather 8:30AM	H.E.A.T. Jodie 8:30AM	Spin Karen 8:30AM	Xtreme Shellie 8:30AM	*Spin/Bcamp Rotation 8:30AM	*Bcamp-Wks 1, 3, 5 Spin-Wks 2 & 4
Spin Karen 9:15AM		CXWORX Jodie 9:00AM	Bodypump Michelle 9:15AM	CXWORX Shellie 9:00AM	Bodypump Rotation 9:30AM	
Silver Sneakers Melva 9:30 AM		Zumba Angie 9:30AM	Silver Sneakers Melva 10:00AM			
Pilates Karen 12:00PM		Spin Karen 12:00PM		Yoga Jean 12:15PM		
						Spin Rotation 2:15PM
						CXWORX Rotation 3:05
						Zumba Rotation 3:35PM
CXWORX Shellie 4:30PM	Bodypump Shellie 4:45pm		Bodypump Colleen 4:45pm			Yoga Karen 4:30PM
BootCamp X Shellie 5:00PM		Spin Colleen 5:00PM				
	Abs Shellie 5:30pm		Abs Colleen 5:30pm			
Spin Shellie 5:45pm	Kick It Shellie 5:45PM	BootCamp X Colleen 5:50pm	Zumba Ashley 5:45PM			
		Choreorobics Roger & Tena 5:50PM				
Yogilates Jean 6:35PM	Bodypump Jessy/Michelle 6:35PM					