



MAY 1ST

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15				
CARDIO CROSS SUE	STRENGTH&TONE SUE	CARDIO DANCE ROBIN	STRENGTH&TONE ROBIN	PILATES ZABREE				
			10:30-11:30 STRETCH ROBIN					
12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00	9:00-10:00	9:30-10:30		
ZUMBA GOLD BRIGITTA	TABATA KAREN	ABS & LEGS CHRISTINA	PILATES ROBIN	ABS & ARMS SUE	DRUMFLEX DANIELLE	YOGA ALMA		
5:30-6:30 YOGA STRETCH JULIANNA					<p>BODY BOOMERS & MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! www.motorcityboxingclub.com</p>			
6:30-7:30 CARDIO/STRENGTH TANYA	5:00-6:00 YOGA ALMA	5:00-6:00 YOGA ALMA	5:00-6:00 CARDIO FUSION WITH STEP SUE					
7:30-8:00 CORE CONDITIONING TANYA	6:00-7:00 CARDIO/WEIGHT ABS SUE	6:00-7:00 PILATES ROBIN						
		7:00-8:00 BOXING BOOTCAMP ***NEW CLASS*** ROBIN	7:00-8:00 ZUMBA FIT TONING COLLEEN					

SPIN STUDIO

	6:00-7:00 SPIN JOEL		6:00-7:00 SPIN JOEL			
8:45-9:15 SPIN SUE		9:00-10:00 SPIN & SCII PT SUE		9:15-10:15 SPIN JOEL		9:00-10:00 SPIN BOOTCAMP ROBIN

CLUB HOURS

PLAYCARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	4:30AM-12:00AM	4:30AM-12:00AM	4:30AM-12:00AM	4:30AM-12:00AM	4:30AM-11:00PM	8:00AM-8:00PM	8:00AM-8:00PM
4:30-5:30 SPIN RHONDA							