

# SOUND FITNESS GROUP EX SCHEDULE - DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:45-6:30 Cycling Brooke</b>		<b>5:45-6:30 Cycling Brooke</b>		<b>1st Saturday</b>
6:30 -7:30 \$ <i>Bootcamp Lisa</i>		6:30 -7:30 \$ <i>Bootcamp Lisa</i>		6:30 -7:30 \$ <i>Bootcamp Lisa</i>	<b>9:00 AM Yoga Nicole</b>
8:30-9:30 \$ <i>Bootcamp Brooke</i>	8:30-9:15 \$ <i>Fit Club Nicole</i>		8:30-9:15 \$ <i>Fit Club Nicole</i>	8:30-9:30 \$ <i>Bootcamp Brooke</i>	<b>2nd Saturday</b>
<b>8:30-9:00 Pilates Express Lisa</b>	<b>8:30-9:45 Yoga for Wellness Sam</b>	<b>8:45-9:45 BodyPump Brooke</b>	<b>8:45-9:45 Tabata Yogalates Lisa</b>	<b>8:30-9:00 Pilates Express Lisa</b>	<b>9:00 AM Piyo Live Lisa</b>
<b>9:00-10:00 Cardio Blast Lisa</b>	<b>9:00-10:00 Zumba Toning Melanie</b>	<b>9:00-10:00 Piyo Live Lisa</b>	<b>9:00-10:00 Zumba Melanie</b>	<b>9:00-10:00 Cardio Blast Lisa</b>	<b>3rd Saturday</b>
<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00 Vinyasa Yoga Nicole</b>	<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00-10:45 Barre Lisa</b>	<b>10:00-11:00 Slow Flo Yoga Nicole</b>	<b>10:30 AM Zumba Masterclass \$5pp</b>
<b>10:00-10:45 Beg. Cycle Brooke</b>	<i>10:00\$ Beg.Pilates Reformer</i>	<b>10:00- Beg Cycle Lisa</b>	<b>10:00-10:45 Cycling Brooke</b>	<b>10:10-11:10** BodyPump Brooke</b>	<b>4th Saturday</b>
	<i>11:00 \$ Intermed. Pilates Reformer Lisa</i>				<b>9:00 am Cycling Brooke</b>
<i>4:00 \$ PeeWee HapKi Do John</i>		<i>4:00 \$ PeeWee HapKi Do John</i>	<i>4:15 \$ Pee Wee HapKiDo John</i>		<b>5th Saturday</b>
<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>	<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>		<b>9:00 AM HIIT IT</b>
<b>5:50-7:00** BodyPump Nicole</b>		<b>5:30 Yoga - last class 12/14</b>			<b>Every Saturday</b>
<b>5:45- 6:45 Boxing for Fitness John</b>	<b>6:05 Zumba Toning last class 12/13</b>	<b>6:00-6:45 Cycling Brooke</b>	<b>6:10-7:10** BodyPump Michelle</b>		<b>11:00 HapKiDo John</b>
	<b>6:30-7:30 emPower Vinyasa Flow Nicole</b>				

**Club Hours:**

**Monday-Friday 5:30am - 9:00 pm**

**Saturday 8:00 am - 3:00 pm**

**Sunday 1:00 - 5:00 pm**

Schedule effective 12/1/16. Classes are subject to change. See our facebook page for the late

**\*\*Please allow 10 minutes to set up for BodyPump before class starts.**