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LAND AND CYCLE



TIMES	MON	TUE	WED	THU	FRI
12:15 PM	STEP GRACE	FAT BURNER CYCLE KATE CARDIO STRENGTH KAREN	FAT BURNER CYCLE GRACE	CARDIO STRENGTH GRACE CYCLE CORE DREW	FAT BURNER CYCLE GRACE
4:30 PM	POWER YOGA ERIN		CARDIO STRENGTH KAREN	FAT BURNER CYCLE JUSTINE	
5:30 PM	CORE 'N MORE DREW	NIA TRACY	TURBO KICK BOXING DENISE	NIA TRACY	
6:00 PM	ENERGY ZONE CYCLE DENNIS	FAT BURNER CYCLE JUSTINE	ENERGY ZONE CYCLE KATE		
6:30PM	STRETCH 'N TONE JUSTINE		PILATES VICKI		
7:30 PM	YOGA I SHARI		YOGA II SHARI		