

SUMMER Class Schedule

**FITNESS REVOLUTION
ORLEANS LOCATION
CLASSES**

Starting July 25th, 2010

**Please Call if you need to Sign up
Or Cancel 508 - 247 - 8100**

BODY SCULPT - KICKBOXING - MAT PILATES - POWER ABS / PHYSIOBALL - SPINNING - STRONG WOMEN - YOGA

HOURS	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 - 7:00 AM	SPINNING Kathie	SPINNING Kathie	SPINNING Kathie	SPINNING Kathie	SPINNING Sarah		
7:15 - 8:15 AM	YOGA FLOW Rosie	MAT PILATES Rebecca	YOGA FLOW Rosie	MAT PILATES Rebecca	KRIPALU YOGA Kathie	SPINNING Kathie	SPINNING Kathie
8:20 - 9:20 AM	SPINNING Jess 8:15 - 9:15		SPINNING Jess 8:15 - 9:15		SPINNING Jaime 8:15 - 9:15	MODERATE FLOW Carrie 8:15 - 9:30	KRIPALU YOGA Kathie 8:30 - 9:30
	Bosu BODY SCULPT Rebecca 8:20 - 9:20	STRONG WOMEN Kathie 8:20 - 9:20	LET'S GROOVE Raegan 8:20 - 9:20	STRONG WOMEN Kathie 8:20 - 9:20	Bosu BODY SCULPT Rebecca 8:20 - 9:20	ASHTANGA YOGA Carrie 9:40 - 11:10	CARDIO MIX Deb 9:40 - 10:40
9:30 - 10:30 AM	MAT PILATES Rebecca 9:25 - 10:25	MODERATE FLOW Carrie 9:30 - 10:45	MAT PILATES Jess 9:25 - 10:25	MODERATE FLOW Lisa 9:30 - 10:30	MAT PILATES Rebecca 9:25 - 10:25	Highlighted - Changed Times and Added Classes	
			KID'S YOGA \$ 5 FEE	Kid's Yoga Childcare Members No Fee (part of childcare)			
10:00 - AM	YOGA Workshop Flow Carrie 10:30 - 11:30	RESTORATIVE YOGA Kathie 11:45 - 12:45	CIRCUIT PHYSIOBALL Leslie 10:00 - 11:00	RESTORATIVE YOGA Kathie 11:45 - 12:45	KICKBOXING Multi-Level Jess 10:30 - 11:30		
4:15 - 5:15 PM	MAT PILATES Rebecca	CIRCUIT Leslie	MODERATE FLOW Kathie	CIRCUIT Leslie	SPINNING Sarah	Highlighted - Changed Times and Added Classes	
			GENTLE RIDE Kathie 5:30 - 6:00				MODERATE FLOW Carrie 4:45 - 5:45
5:20 - 6:20 PM	KRIPALU YOGA Maria	ASHTANGA YOGA Carrie 5:20 - 6:45	MAT PILATES Rebecca	KRIPALU YOGA YOGA Kathie	MAT PILATES Rebecca 5:30 - 6:30		
6:30 - 7:30 PM	SPINNING Jaime	SPINNING/ ABS Mike 6:45- 7:45	SPINNING Kathie	SPINNING Kathie	Bosu BODY SCULPT Rebecca 6:30 - 7:30	Highlighted - Changed Times and Added Classes	
	KICKBOXING Multi-Level Jess		Bosu BODY SCULPT Rebecca	POWER ABS/ PHYSIOBALL Leslie			