

Updated WINTER Class Schedule

**FITNESS REVOLUTION
ORLEANS LOCATION
CLASSES**

STARTING February 6, 2012

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

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

HOURS	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 - 7:00 AM	SPINNING Kathie	SPINNING Kathie	SPINNING Kathie	SPINNING Kathie	SPINNING Sarah		
		MAT PILATES Aisling 6:15 - 7:15	KID'S YOGA (Wednesday AM) 9:30 - 10:30	MAT PILATES Aisling 6:15 - 7:15			
7:15 - 8:15 AM	YOGA FLOW Rosie	STRONG WOMEN Kathie	YOGA FLOW Rosie	STRONG WOMEN Kathie	KRIPALU YOGA Kathie	SPINNING Kathie	SPINNING Kathie
8:20 - 9:20 AM	SPINNING Jess 8:20 - 9:20	SPINNING Kathie 8:20 - 9:20	SPINNING Jaime 8:20 - 9:20	30 Min Spin Deb 8:30 - 9:00	SPINNING Jess 8:20 - 9:20	MODERATE FLOW Carrie 8:15 - 9:30	KRIPALU YOGA Kathie 8:30 - 9:30
	BOSU / CIRCUIT Leslie	ZUMBA Jaime 8:25 - 9:25	CARDIO KICKBOXING Jess	ZUMBA Raegan 8:25 - 9:25	BOSU / CIRCUIT Leslie	ASHTANGA YOGA Carrie 9:40 - 11:10	
9:30 - 10:30 AM	CARDIO MIX Deb 9:30 - 10:30	MODERATE FLOW Carrie 9:30 - 10:45	MAT PILATES Jess 9:30 - 10:30	MODERATE FLOW Lisa 9:30 - 10:30	MAT PILATES Jess 9:30 - 10:30	* In Zumba Class we ask that you wear supportive sneakers Please No Shape-ups *	
10:35 AM	YOGA Workshop Flow		CARDIO INFUSION Becky	Yoga Dance Juliet	CARDIO KICKBOXING Jess		
	Carrie					Highlighted Classes are New Classes or Changed Times	
11:45 - 12:45	RESTORATIVE YOGA Kathie 11:45 - 12:45			RESTORATIVE YOGA Kathie 11:45 - 12:45			
3:25 - 4:10 PM	SKATER CIRCUIT Leslie	TEEN CIRCUIT Leslie	KID'S YOGA 4:30 - 5:30	TEEN CIRCUIT Leslie		Skater and Teen Circuit sign up with Leslie 508-737-1652	
4:15 - 5:15 PM	MAT PILATES Aisling	BOSU / CIRCUIT Leslie	KRIPALU YOGA Kathie	BOSU / CIRCUIT Leslie	SPINNING Sarah	MODERATE FLOW Carrie 3:45 - 4:45	
					MAT PILATES Deb		
5:20 - 6:20 PM	KRIPALU YOGA Maria	ASHTANGA YOGA Carrie 5:20 - 6:45	MAT PILATES Deb	KRIPALU YOGA Kathie	4:05 - 5:00	** Kid's Yoga ** Wednesday 9:30-10:30/ Wednesday 4:30-5:30 \$ 5 FEE (part of childcare)	
					ZUMBA Jaime		
5:30 - 6:30 PM			SPINNING Sarah		5:05 - 6:00		
6:30 - 7:30 PM	SPINNING Jaime	SPINNING/ ABS Mike 6:45- 7:45	Bosu BODY SCULPT Jaime	SPINNING Sarah	Bosu BODY SCULPT Jan 6:05 - 7:00		
	CARDIO KICKBOXING Jess						