

WINTER CLASS SCHEDULE

**FITNESS REVOLUTION
ORLEANS LOCATION
CLASSES**

**STARTING
January 30, 2017**

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

ABS - BOSU - CIRCUIT - KICKBOXING - PILATES - SPINNING - STEP & STRENGTH - STRETCH - STRONG WOMEN - TOTAL FIT - YOGA

HOURS	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 - 6:45 AM	SPIN EXPRESS Kathie	SPIN EXPRESS Kathie	SPIN EXPRESS Kathie	SPIN EXPRESS Kathie	SPIN EXPRESS Kathie		
		CIRCUIT Leslie		CIRCUIT Leslie			
7:15 - 8:15 AM	KRIPALU YOGA Kathie	STRONG WOMEN Kathie	KRIPALU YOGA Kathie	STRONG WOMEN Kathie	KRIPALU YOGA Kathie	SPINNING Kathie	SPINNING Kathie
8:20 - 9:20 AM	SPINNING Jess	SPINNING Pam	SPINNING Pam	30 Min Spin Jess 8:00 - 8:30	SPINNING Jess	MODERATE FLOW Carrie 8:15 - 9:30	KRIPALU YOGA Kathie 8:30 - 9:30
	CIRCUIT Leslie 8:30 - 9:20	CARDIO KICKBOXING Michelle		CARDIO KICKBOXING Michelle	CIRCUIT Leslie 8:30 - 9:20	ASHTANGA YOGA Carrie 9:40 - 11:10	
				STRETCH Jess 8:40 - 9:25			
9:30 - 10:30 AM	STEP & STRENGTH Becky	MODERATE FLOW Carrie 9:30-10:45	MAT PILATES Jess	Wellness Room	MAT PILATES Jess		
	STRETCH Jess 9:30-10:15		SPIN & SCULPT Pam and Leslie 9:30 - 10:30	SPINNING Pam	SPIN & SCULPT Pam and Leslie 9:30 - 10:30	Highlighted Classes are New Classes or Changed Times	
	Wellness Room			STEP EXPRESS Becky 9:45 - 10:30			
10:35 - 11:35AM	MODERATE FLOW Carrie 11:00 - 12:00	BOSU FUSION Becky 11 - 11:45	CIRCUIT Becky 10:35 - 11:35	BARRE PILATES Andrea 10:35 - 11:35	TOTAL FIT Ben 10:35-11:35	Class in Green KIDS YOGA	
12:15 - 1:15PM	PRANAYAMA BREATHING Carrie 12:15 - 1:00	RESTORATIVE YOGA Kathie 12:15-1:15		RESTORATIVE YOGA Kathie 12:15-1:15			
3:00 - 4:00PM	GENTLE FLOW Jen				GENTLE FLOW Jen 3:10 - 4:10		
3:30 - 4:10 PM		TEEN Kickboxing Ben 3:30-4:10		TEEN Kickboxing Ben 3:30-4:10			
4:15 - 5:00 PM		CIRCUIT Ben	KIDS YOGA 4:00 - 4:45 Wellness Room	CIRCUIT Ben			
		TEEN YOGA Juliet					
4:15 - 5:15 PM			KRIPALU YOGA Kathie		MAT PILATES Deb		
5:20 - 6:20 PM	BOSU BODY SCULPT Jan 5:30 - 6:30	ASHTANGA YOGA Carrie 5:20 - 7:10	SPIN & SCULPT Ben 4:15- 5:15	KRIPALU YOGA Gisele 5:20 - 6:20	BOSU BODY SCULPT Jan 5:30 - 6:30		