

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