













ENERGY FITNESS GROUP X SCHEDULE

Effective January 19, 2009



GROUP X

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15am					MAT / FUSION	
8:30am	YOGA		YOGA			
9:15am	TURBOKICK				TURBOKICK	
9:30am						
10:15am	BODYSULPT		BODYSULPT		BODYSULPT	YOGA
4:30pm		TURBOKICK				
4:45pm			PILATES			
5:30pm						
5:45pm		YOGA		YOGA		
6:30pm						

JohnnyG SPINNING

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		SPIN with Julia		SPIN with Terri		
8:30am						SPIN with Julia
9:15am	SPIN with Julia		SPIN with Julia			
9:30am						SPIN with Julia
5:00pm		SPIN with Julia				
5:30pm	SPIN with Terri		SPIN with Denise	SPIN with Mark		

SENIOR FITNESS

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am		FOREVER FIT		FOREVER FIT		
11:00am					FOREVER FIT	