

Brick Bodies Perry Hall Winter 2010 Jan 4 - Apr 4

Studio 1	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00 AM		Kim Teresa		Mary		7:30 AM	PowerStep Kerrie	
	8:45 AM		Michele				8:30 AM	Kristina	Step I.T Sam
	9:00 AM				Joan	Esprit de Core Eva	9:30 AM	Lori	Jacob
	9:30 AM	Mandy		Phil		Lisa N.	10:30 AM	Kristin	Jacob
	9:45 AM		Re						
	10:00 AM				ZUMBA Erica				
	10:30 AM	Building Brick Bodies Phil		Tamara		Charlie			
	5:00 PM		Kristina						
	6:00 PM	Esprit de Core Jason	Phil	Esprit de Core Jason	Sheila				
	6:30 PM	Katie		Kristina		ZUMBA Sam			
	7:00 PM		Lori		Kristina				
7:30 PM	Jacob Kristin		Jacob Kristin						

Studio 2 (Cycle)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	5:45 AM	Brick Biking Sally		Brick Biking Sally			*Intense* 60 minutes Kim	9:30 AM	Brick Biking Kerrie Sally	
	9:30 AM		Chip							
	6:15 PM	Brick Biking Robyn								
	6:30 PM			*Intense* 60 minutes Chip						

Studio 3	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	8:00 AM	Aqua Sculpt *at POOL* Pam		Aqua Sculpt *at POOL* Pam			Aqua Sculpt *at POOL* Pam	8:00 AM	Power Yoga *Pilates Studio* Meghan	
	10:00 AM	P.A.C.E Circuit *Circuit Room* Pam		P.A.C.E Circuit *Circuit Room* Pam	Joan	P.A.C.E Circuit *Circuit Room* Pam	8:30 AM	Janice		
	6:00 PM	BASIC *30 minutes* Katie	Kerrie Charlie							
6:30 PM	P.A.C.E Circuit *Circuit Room* Pam	Power Yoga *Pilates Studio* Meghan	Janice							