



Burlington Studio Schedule

March 1 - April 25, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			Yoga 6:00-6:55 Susan	Spin 6:00-6:55 Susan			
6:30		HRM Spin 6:30-7:30 Steve					
7:00							
7:30						Team in Training Spin* 7:30-8:25 (Private Class)	
8:00			Silver Foxes 8:00-8:50 Steve				
8:30						Extended Spin 8:30-9:40 Darcie	
9:00	Senior Balance 9:00-9:45 Steve	Spin 9:10-10:00 Beth		Spin 9:10-10:00 Beth			
9:30							
10:00						Kundalini Yoga 10:00-11:30 Sarab	
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	Yu Gi Oh Club 3:15-4:00 (starts 3/15)	Yoga for Kids 4:00-5:00 (starts 3/16)		Beginner Ballet 4:00-4:45			
4:30							
5:00			Spin 5:10-6:00 Laura	Karate 5:00 - 6:00			YMCA Closes at 5:00
5:30							
6:00		Sivanda Yoga 6:05-7:35 Hedi	YogaFIT 6:15-7:15 Laura				
6:30	Extended Spin 6:20-7:30 Ken						
7:00				Salsa Dance 7:00-8:00 Hunter			
7:30							
8:00						YMCA Closes at 8:00	
8:30							

Spinning	Yoga	Family Programs	Adult Programs	Senior Programs
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Updated: 4/1/10