



Winooski Studio Schedule

June 21 - August 22, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	A.M. Attack 6:00-7:00 Brandon		A.M. Attack 6:00-7:00 Brandon		A.M. Attack 6:00-7:00 Brandon		
6:30							
7:00							
7:30							
8:00						Yoga 8:00-8:55 Erika	
8:30							
9:00			B-Fit 9:00-9:45 Brandon		B-Fit 9:00-9:45 Brandon	BODYPUMP 9:00-10:00 Wendy	
9:30	Creative Movement for Preschoolers 9:30-10:15						
10:00							Ripped 10:00-11:00 Brandon
10:30	Tiny Tots 10:30-11:10					Beginner Ballet 10:30-11:15	
11:00		Tai Chi 11:00-12:00 Bea					
11:30							Ballet II 11:30-12:15
12:00	Cardio Cross Train 12:10-12:50 Wendy	Rip & Spin 12:10-1:00 Travis		Lunch Time Spin 12:10-12:50 Wendy			
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30			Flow Yoga 4:15-5:15 Malika				
5:00		Ab Blast 5:00-5:25 Brandon			Ab Blast 5:00-5:25 Brandon		
5:30	Zumbal 5:30-6:25 Lindsay	Step & Sculpt 5:30-6:25 Vica	ZUMBA! 5:30-6:25 Shannon	Butts & Guts 5:30-6:25 Caroline	BODYPUMP 5:30-6:30 Katie		
6:00							
6:30	BODYPUMP 6:30-7:30 Katie	Extended Spin 6:30-7:40 Ken	BODYPUMP 6:30-7:30 Jackie				
7:00							
7:30							
8:00							
8:30							

Spinning	Yoga	Family Programs	Adult Programs	Senior Programs
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Updated: 6/17/10