



WTSC Group X Fall 2010 effective Sep. 7

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	5:45am		 Dyan		 Dyan		8:30 am			
	7:15am		Ashtanga Yoga Alan		Ashtanga Yoga Alan					
	8:30am	Core-Pilates Carol				Core-Pilates Carol		Bosu Blast Jamie	Cardio Step Nicole	
	9:15 am	 Maria	Kickboxing Cyndy	 Carol	Pilates Jamie	Body Circuit Cyndy		 Cyndy/Maria	Yoga Flow Rebecca 75 min	
	10:15am	Yoga Flow Dyan	Kripalu Yoga Alan	Yoga Flow Ellen	Yoga Strength Linda	Yoga Flow Rebecca 75 min class		10:30 am	Hatha Yoga Kathleen 75min	
	11:30am	Zumba Wilma								
	11:45am		MSROM-Silver Sneakers(R) Katherine	Yoga Stretch-Silver Sneakers(R) Lorilee	MSROM-Silver Sneakers(R) Donna					
	12:00 pm					Pilates Jen				
	6:00pm	Kickboxing Judy	Bosu Blast Terry	 Sandy	Ashtanga Yoga Alan	Yoga Flow Dyan-75 min class				
7:00pm	 Judy	Body Circuit Nicole	Zumba Wilma	Cardio Step *7:15 kristen						

COURT	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:00am	WWE Training Jason		WWE Training Jason		WWE Training Jason	8:00 am		
	9:15 am				Power Hour Gina				
6:30pm	Gut Busters staff			Gut Busters staff					

CYCLE STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45am	Cycling Betty		Cycling Laura		Cycling Amy/Andy	7:30am		
	8:30am		Cycling Cyndy 45 Min.						
	9:15am	Cycling Carol		Cycling Tracy	Cycling Matt	Cycling Carol		Cycling Laura	
	4:30pm			Cycling Sandy					
	6:00pm	Cycling Julie							
	7:00pm		Cycling Laura						

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
		9 AM Deep Water Workout Donna		9 AM Hi/Low H2O Katherine	6:15 AM H2O Boot Camp Julie	10 AM Hi/Low H2O Liz	8:30 AM Hi/Low H2O Staff	8:30 AM Water Works Donna	
	11 AM SilverSplash Donna/Lynne	6:30 PM Liquid Lyrics Diane		6:30 PM Liquid Lyrics Diane					