

Ringside Fitness Schedule

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 am RPM <i>Steph & Steph</i>	6:00-7:00am BODYPUMP <i>Monica</i>	6:00-7:00 am Cycling <i>Terri</i>	6:00-7:00am BODYPUMP <i>Monica</i>	5:45-6:45 am RPM <i>Steph & Steph</i>		
	7:05-7:55 Yoga <i>Dawn</i>	6:00-7:00 am BODYCOMBAT <i>Drew</i>	7:10-8:10 am Yoga Sculpt <i>Dawn</i>	6:00-7:00 am Havin A Ball <i>Terri</i>	7:00-8:00 am BODYPUMP <i>Rotation</i>	
9:00-10:00 am HI-LO <i>Kelly</i>	8:00-8:55 am Pilates <i>Isabel</i>	9:00-10:00 am Cardio Circuit <i>Kelly</i>	9:00-10:00 am Pilates <i>Isabel</i>	7:45-8:45 am BODYPUMP <i>Lynn</i>	8:10-9:10 am Step/BODYSTEP <i>Rotation</i>	9:15-10:15 am Cycling <i>Dave</i>
10:05-11:05 am Power Hour <i>Steve</i>	9:00-9:45 am BODYATTACK <i>Amanda T</i>	10:00-11:00 am ZUMBA BOOM <i>Isabel</i>		9:00-10:00 am BODYSTEP <i>Amanda L</i>	8:10-9:10 am RPM/Cycling <i>Rotation</i>	10:30-11:30 am BODYPUMP <i>Rotation</i>
12:10-12:50 pm BODYPUMP <i>Cathy</i>	12:10-12:50 pm Step Core & More <i>Gail</i>	12:10-12:50 pm BODYPUMP <i>Cathy</i>	12:10-12:50 pm Step Core & More <i>Gail</i>		9:15-10:15 am ZUMBA <i>Rotation</i>	11:35-12:35 GRAB BAG <i>Rotation</i>
4:20-5:20 pm Cardio Circuit <i>Terri</i>		4:20-5:20 pm BODYSTEP <i>Heather/Jessica</i>	4:20-5:20 pm BODYPUMP <i>Doug</i>	4:20-5:20 pm Power Hour <i>Steve</i>	10:20-11:20 am BODYFLOW <i>Shelby</i>	1:35-2:45pm SUFFERFEST <i>Rotation</i>
5:30-6:30 pm BODYPUMP <i>Terri</i>	5:30-6:30 pm BODYCOMBAT <i>Katie</i>	5:30-6:30 pm BODYPUMP <i>Lynn</i>	5:30-6:30 pm BODYCOMBAT <i>Danielle</i>	5:30-6:30 pm BODYSTEP <i>Jessica</i>		
5:30-6:30 pm RPM <i>Matt</i>	5:45-7:00 pm SUFFERFEST <i>Rotation</i>	5:30-6:30 pm RPM <i>Rotation</i>	6:00-7:00 pm Cycling <i>Dave</i>			
6:40-7:40 pm BODYFLOW <i>Shelby</i>	6:35-7:35 pm ZUMBA <i>Shelby</i>		6:35-7:35 pm BODYATTACK <i>Jamie & Steve</i>			