RIVERSIDE GYM

May 2008

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
STUDIO A							
5:00 AM							
5:30 AM	QuickFit		QuickFit				
	TBD		JEN				
7:45AM		SlvrSnkrs I	SlvrSnkrs I	SlvrSnkrs II		Yoga I (8:00)	
		ANJA	DEEANNE	ANJA		DALE	
9:00 AM	High NRG/L	Mid Mgmt	Salsa	Mid Mgmt	High NRG/LS		
	JULIET	JULIET	JULIET	JULIET	JULIET		
9:15 AM		Step Interval		Step Interval		Step 2	
		JULIET		JULIET		BOB	
10:30 AM	Tai Chi(10:40	SlvrSneakrsI	Tai Chi	SilvrSneakrs	Tai Chi	StripTease	
	TOM	DEEANNE	TOM	DEEANNE	TOM	SHELLEY	
12:00 PM	SlvrSnkrs II	Pilates	TaiChiII(11:40	Pilates	Salsa(11:40)	Fitkids (11:40	Zumba12:30
	YUKI	JEN	TOM	NAJA	ELENA	Fitkids (12:15)	KATHY
1:15 PM	Yoga		Yoga(1:00)			SYLVIA/ROB	
	CHRIS		NAJA				
3:30 PM							
						Belly Danc(4:00)	
4:30 PM	Step 2	TBC	Zumba	QuickFit(5:00)		CARRIE	
	MONICA	CAROL	MONICA	JENN			
5:40 PM	Cardio Kick	Salsa	Fitball	HighNRG/L	Cardio Kick		
	LAUREN	ELENA	EILEEN	DONNA	JOE		
6:45 PM	Step 2(6:50)		Cardio Kick				
	BOB		JOE				
7:40 PM		Yoga I	Yoga I(8pm)	Yoga I			
		DALE	MELORA	DALE			
STUDIO B	*All cycling classes are held in Studio B						
5:45AM	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling(7:45)	
	ANJA	MICHI	CHRISTIN	MICHI	MONICA	ANJA	
9:15 AM		Cycling		Cycling		Cycling(9:00)	Cycling (9:00)
		ANJA		GINA		KIMBERLY	GINA
12:00PM	Cycling		Cycling		Cycling	Cycling(10:30)	
	GINA		LOUISE		GREG	CAROL	
3:30PM	Cycling		Cycling		Cycling		
	SHELLEY		PHIL J		NANCY		
4:45 PM	Cycling	Cycling	Cycling	Cycling	Cycling		
	SHELLEY	KIMBERLY	ROBERT	KIMBERLY	ROBERT		
6:00 PM	Cycling	Cycling	Cycling	Cycling			
	LOUIS	LOUIS	CAROL	CHRISTIN			
7:15 PM	Cycling		Cycling	Cycling			
	SYLVIA		SYLVIA	BOB			
WATER CLASSES							
8:45 AM						Mid Mgmt	
						DEE ANNE	
9:00 AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
	YUKI	DEEANNE	DEEANNE	ANJA	YUKI	DEE ANNE	
10:15AM	SilverSplash		SilverSplash		SilverSplash		
	YUKI		DEEANNE		YUKI		
11:15 AM	Aqua Fitness		Aqua Fitness		Aqua Fitness		
	CARRIE		HEIDI		EVALINA		
6:00 PM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness			
	JACLYN	DEEANNE	JACLYN	DEEANNE			