



CAROLINA FOREST GROUP FITNESS SCHEDULE

Effective January 25, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	LES MILLS BODYPUMP 45 minutes (EW) MYNDI	SPINNING™ (PP) MYNDI	LES MILLS BODYPUMP 45 minutes (EW) CHRISTY	SPINNING™ (PP) CHRISTY		
6:00 AM	LES MILLS BODYATTACK (EW) MYNDI				Sunrise Yoga (ZD) JACK	
8:00 AM	Aqua Sculpt (AZ) PAULA		Pure H ₂ O (AZ) MYNDI	LES MILLS BODYPUMP (EW) MYNDI	Aqua Sculpt (AZ) JEN	LES MILLS BODYPUMP (EW) HOLLY
	(8:15) SPINNING™ (PP) ALISON					
9:00 AM	LES MILLS BODYPUMP (EW) ALISON	LES MILLS BODYSTEP (EW) HOLLY	LES MILLS BODYATTACK (EW) ROBIN	ZUMBA (EW) ROBIN	Knockout Gliding (EW) MYNDI	SPINNING™ (PP) JEN LES MILLS BODYATTACK (EW) CHRISTY
10:00 AM	Piloga (ZD) BROOKE	Yoga Serenity (ZD) BROOKE	Bellies and Booties (EW) PAULA	Pilates 101 (ZD) PAULA	Power Yoga (ZD) PAULA	Yoga Serenity (ZD) JACK
10:30 AM			Kickboxing 101 (EW) WALKER			
11:00 AM			MMA (EW) WALKER			
4:15 PM	LES MILLS BODYPUMP (EW) JEN					
6:00 PM	LES MILLS BODYPUMP (EW) HOLLY	LES MILLS BODYATTACK (EW) CHRISTY	LES MILLS BODYPUMP (EW) JEN	LES MILLS BODYSTEP (EW) KIM		
	JV Kickboxing (ZD) WALKER				JV Kickboxing (ZD) WALKER	
6:15 PM				SPINNING™ (PP) JEN		
7:00 PM	Pilates 101 (ZD) CANDY	Yoga Serenity (ZD) CANDY	Bootcamp (EW) KEITH	Piloga (ZD) HOLLY		
7:30 PM	Kickboxing 101 (EW) TOMAR					
8:00 PM	MMA (EW) TOMAR			MMA (EW) TOMAR		

Important Notes:

- ♦Minimum of 5 participants to have class.
- ♦Please do not enter class if you are more than 10 minutes late.
- ♦You must sign up for SPINNING™ no more than 30 minutes before class

Class Locations:

- EW = Energy Warehouse
- PP = Pedal Plant
- ZD = Zen Den
- AZ=Aqua Zone

