



ARENA DISTRICT
ATHLETIC
CLUBSM

FALL 2010

Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) Hard Core Lara		5:45am (30 min) Cardio Core Lara		5:45am (30min) Hard Core Lara	
	6:15am (45min) Power Yoga Kyrsten	6:30am (30min) Total Strength Melyssa	6:15 am (45min) Power Yoga Kyrsten	6:30am (30min) Total Strength Melyssa		9:30am (90min) Boot Camp & Spin
10:30am (90min) Ashtanga Yoga Kyrsten	<i>New</i> 11:45am (40min) Total Strength Ryan	<i>New</i> 11:45pm (40min) Yogalates Kyrsten	<i>New</i> 11:45am (40 min) Total Strength Cassie	<i>New</i> 11:45am (40min) Yogalates Kyrsten	<i>New</i> 11:45am (40 min) Total Strength Cassie	
	12:30pm (30min) Cardio Core Charles	12:30pm (30min) Boot Camp Lara	12:30pm (30min) Hard Core Cassie	12:30pm (30min) Boot Camp Lara	12:30pm (30min) Hard Core Cassie	
	5:00pm (45min) Pilates Doug		5:00pm (45min) Pilates Doug			
	5:50pm (45min) Toning Melissa	5:30pm (60min) Power Yoga Kyrsten	5:50pm (45min) Turbo Interval Melissa	5:30pm (60min) Power Yoga Kyrsten	5:30pm (90min) Ashtanga Yoga Kyrsten	
	6:40pm (60min) Punch It Alexander	6:40pm (45min) Cardio Sculpt Melyssa	6:40pm (60min) Zumba Aleksandra	6:40 (45min) Total Strength Melyssa		

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:15 am (45min) Andy	6:30 am (60 min) Lara	6:00 am (45 min) Tina	6:30 am (60 min) Lara	6:00 am (45 min) Tina	6:30 am (60 min) Lara	8:45 am (60min) Velma
10:30 am (60 min) Race Day Becca	11:45 am (40 min) Terry	11:45 am (40min) Velma	11:45 am (40 min) Audrae	11:45 am (40 min) Terry	11:45 am (40 min) Ryan	9:30 am (90min) Boot Camp & Spin
	6:00 pm (60 min) Avi	6:00 pm (60 min) Ryan/Jessie	6:00 pm (60 min) Jessie	6:00 pm (60 min) Ryan	5:45 pm (45min) Cassi	
	7:15 pm (45min) Andy					