



ARENA DISTRICT
ATHLETIC CLUBSM

Effective Feb. 28th - March 27th

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	
9:15 am (45min) Treading Carrie	6:15am (45min) <i>New</i> Total Strength Velma	6:15am (45min) Boot Camp Velma		6:15am (45min) Boot Camp Velma		9:30am (90min) Boot Camp & Spin
11:30am (90min) Ashtanga Yoga Kyrsten	11:45am (40min) <i>New</i> Cardio Dance Rachel	11:45am (40min) <i>New</i> Power Pump Maria	11:45am (40min) Lunch Box Maria	11:45am (40min) Yogalates Kyrsten	11:45am (40min) Power Pump Cassie	10:15am (60min) Toning Lauren B/Melissa
	12:30pm (30min) Hard Core Charles	12:45pm (30min) Boot Camp Lara	12:30pm (30min) Hard Core Carrie	12:45pm (30min) Boot Camp Lara	12:30pm (30min) Hard Core Cassie	
	5:00pm (45min) Pilates Doug		5:00pm (45min) Pilates Doug			
	5:50pm (45min) Turbo Kick Melissa	5:30pm (60min) Ashtanga New Beginners	5:50pm (45min) Toning Melissa		5:30pm (90min) Ashtanga Yoga Kyrsten	
		6:40pm (45min) Cardio Sculpt Melyssa	6:40pm (45min) Cardio Core Melyssa	7:00 (60 min) <i>New</i> Cardio Dance Jessica		

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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) Ryan	11:45 am (40 min) Terry	11:45 am (40 min) <i>New</i> Ryan	9:30 am (90min) Boot Camp & Spin
	6:00 pm (60 min) Avi	6:00 pm (60 min) Ryan	6:00 pm (60 min) Jessie	6:00 pm (60 min) Avi	5:45 pm (45 min) Jessie	
	7:15 pm (45min) Andy	7:15 pm (45min) Andy				