



ARENA DISTRICT
ATHLETIC CLUBSM

November 2014

Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) Hard Core Ellen					
	6:15am (45min) Vinyasa Yoga Lara F	6:30am (45min) Total Strength Ellen	6:15am (45min) Vinyasa Yoga Lara F	6:30am (45min) Total Strength Ellen	6:15am (75min) Turtle Flow Yoga Maggie	9:30am (90min) Boot Camp & Spin Lara
10:30am (45 min) Tabata & Tone Amanda	11:45am (40min) Triple Threat Joe	11:45am (40min) Vinyasa Yoga Lara F	11:45am (40min) Cardio Camp Sandra	11:45pm (40min) H.I.I.T. Kristen		
	12:30pm (40min) TRX Training Charles	12:30pm (40min) Boot Camp Lara K	12:30pm (30min) Amazing Abs Sandra	12:30pm (40min) Boot Camp Lara K	12:30pm (40min) Total Body Conditioning Amanda	
	5:30pm (60min) BootyBarre Lana	5:30pm (60min) Ultimate Conditioning Liz	5:30pm (60min) BootyBarre Lana	5:45pm (45min) H.I.I.T. Kristen		
	6:40pm (45min) Toning Melissa	6:40pm (45min) PiYo Theresa	6:40pm (45min) Cardio Butts & Guts Melissa			

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) Ellen	6:30am (45min) Nicole B	6:30am (45min) Amanda	6:30am (45min) Nicole B	6:30am (45min) Amanda	8:45am (50min) Velma
10:30am (60min) Becca		11:45am (40min) Terry		12:00pm (25min) Sprint Spin Lara K	11:45am (40min) Nicki	9:30am (90min) Boot Camp & Spin Lara K
	5:45pm (45min) Brad	6:00pm (50min) Becca	5:45pm (60min) Jessie	6:00pm (60min) Jessie		