

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 AM							
7:00 - 8:00 AM							
8:00 - 9:00 AM			YOGA				MAT PILATES
9:00 - 10:00 AM						MAT PILATES	
10:00 - 11:00 AM							
11:00 - 12:00 AM							
12:15 - 1:00 PM	YOGA	MAT PILATES		YOGA	MAT PILATES		
1:30 - 2:30 PM		MAT PILATES			MAT PILATES		
2:00 - 3:00 PM							
2:30 - 3:30 PM					AFRICAN DANCE		
3:00 - 4:00 PM							
3:30 - 4:30 PM					YOGA		
4:00 - 5:00 PM							
5:30 - 6:30 pm	YOGA	AFRICAN DANCE		YOGA			
6:30 - 7:30 PM	YOGA	MAT PILATES	TAI CHI BEGINNIG	MAT PILATES			
7:30 - 8:30 PM		YOGA	TAI CHI advance.				
8:30 - 9:00 PM							

Classes start January 16, 2012

\* LUNCH HOUR CLASSES ARE 45 min. ALL OTHER CLASSES ARE 50 min. TAI CHI advance is 1.5 hours

\* MUST REGISTER AND/OR CANCEL A MINIMUM 24 HOURS IN ADVANCE.

G-Form Fitness 262-797-8676