














**CREVE COEUR CLUB FITNESS 314-542-2582**

**Group Exercise Schedule January 3, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM *  <b>BODY PUMP</b> 6:00 AM* <b>SPIN</b> Kathie	6:00 AM* <b>SPIN</b> Audrey 6:00 AM <b>CARDIO MIX</b> (55 min) Sondra	6:00AM *  <b>BODY PUMP</b>	6:00 AM* <b>SPIN</b> Robin S 6:00 AM <b>DRILLS</b> (55 min) Sondra	6:00AM *  <b>BODY PUMP</b>	8:00AM *  <b>BODY PUMP</b>	
9:00 AM <b>STEP EXPRESS</b> (45 min) Diane R	8:15 AM <b>BUTTS &amp; GUTS</b> (55 min) Robin H	9:00 AM <b>YOGA</b> Angeline	9:15 AM <b>SIMPLY SWEAT</b> Lori A	8:15 AM* <b>SPIN</b> Angeline 8:15 AM <b>Zumba Tone</b> (55 min) Carine	8:15 AM* <b>SPIN</b> Kim C 9:15 AM* <b>SPIN</b> Tammy W	8:30 AM <b>SPIN</b> Lisa S Angeline
9:00 AM* <b>SPIN</b> Sharon	9:15 AM* <b>SPIN</b> Sharon Tammy W	10:00 AM <b>CARDIO MIX</b> Diane R	9:15 AM* <b>SPIN</b> Kim C	9:15 AM <b>YOGA</b> (55 min) Angeline	9:10 AM <b>STEP</b> Trudy/Jen Lori	8:30 AM *  <b>BODY PUMP</b>
9:45 AM*  <b>BODY PUMP</b>	9:15AM <b>STEP INTERVAL</b> (55 min) Jen	11:00 AM <b>PILOGA</b> (45 min) Kim C	10:15 AM*  <b>BODY PUMP</b>	10:15 AM <b>TURBO KICK</b> Jen	10:15 AM <b>PILOGA</b> (45 min) Kim C	9:45 AM* <b>SPIN</b> (1 hr) Kathie
10:55 AM <b>YOGA</b> Tami 12 Noon* <b>SPIN</b> Tami M 12 Noon <b>ZUMBA</b> (1 hr) Martha	10:15 AM <b>PILOGA</b> Kim C 11:30 AM *  <b>BODY PUMP</b>	12 Noon* <b>SPIN</b> Diane R 12 Noon <b>TURBO KICK</b> Marissa	12 Noon* <b>SPIN</b> Diane R 12 Noon <b>ZUMBA</b> (1 hr) Martha	12 Noon <b>PILOGA</b> (1 hr) Kim C	11:00 AM <b>PILOGA INTERMEDIATE/ADVANCED</b> (45 min) Kim C	10:30 AM <b>ZUMBA</b> (1 hr) Jen Laura
4:15 PM <b>PILOGA</b> 5:00 PM <b>PILOGA</b> (45 min) Kim	4:00 PM <b>CARDIO KICK</b> Miza 5:00 PM <b>PILATES</b> (45 min) Mary	3:45 PM <b>ZUMBA</b> Miriam 4:45 PM <b>ZUMBA</b> (1 hr) Michelle	4:45 pm <b>TURBO ABS</b> 5:00 pm <b>DRILLS</b> (45 min) Melinda	4:45 PM*  <b>BODY PUMP</b>	12 Noon <b>ZUMBA</b> (1 hr) Carine Michelle	11:40 AM <b>YOGA</b> (1 hr) Tami M
5:45 PM <b>DRILLS TO MAKE YOU SWEAT</b> (1 hr) Melinda	5:45 PM*  <b>BODY PUMP EXPRESS</b>	5:50 PM*  <b>BODY PUMP</b>	5:45 PM <b>TURBO KICK</b> (1 hr) Gina	5:50 PM <b>YOGA FLOW</b> (1 hr) Jennifer Laura		
6:00 PM* <b>SPIN</b> Wendi	6:00 PM* <b>SPIN</b> (1 hr) Robin S/Susie	7:00 PM* <b>SPIN</b> (1 hr) Alex/Tami M	5:00 PM* <b>SPIN</b> Robin S 6:00 PM* <b>SPIN</b> (1 hr) Mary Ann			
6:45 PM <b>TURBO ABS</b> (15 min) Melinda	6:45 PM <b>TURBO KICK</b> (55 min) Melinda	7:00 PM <b>DYNAMIC TRAINING</b> DFM trainers	6:45 PM <b>SALSA DANCE</b> (55 min) Kim H			
7:05 PM*  <b>BODY PUMP</b>	7:45 PM <b>POWER YOGA</b> (1 hr) Tammy W	7:45 PM <b>PILATES</b> (1 hr) Mary	7:45 PM  <b>BODY PUMP</b>			