













St. Peters Club Fitness – 636-498-2582

Group Exercise Schedule Effective January 29, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00 AM  BODY PUMP	5:00 AM PIYO Tammy	5:00 AM CARDIOMIX Shelly	5:00 AM  BODY PUMP		
5:30 AM SPIN Bill	5:45 AM SPIN Kathie/Robin	5:30 AM SPIN Audrey/Kelly	5:30 AM SPIN Tammy	5:45 AM SPIN Kelly	6:55 AM  BODY PUMP	
8:30 AM SPIN Lori/Karen	9:15 AM SPIN Alice	9:10 AM SPIN Lori A	9:15 AM SPIN Jen	8:30 AM SPIN Tami	8:00 AM SPIN Kathie	9:00 AM SPIN Robin
9:05 AM STEP Stephanie/Ingrid	9:00 AM ZUMBA Donna 45 Min.	8:30 AM BUTTS & GUTS Rebecca 45 Min.	8:30 AM MUSCLE WORKS Krista 30 Min.	9:15 AM AB BLAST Nancy	8:00 AM STEP Holly	9:00 AM CARDIOMIX Rebecca/Shelly
9:45 AM SPIN Tammy	9:45 AM CARDIOMIX/ TONE Ingrid 45 Min.	9:15 AM CORE COMMOTION Nancy	9:00 AM KICKBOX Krista 10:00 AM ALL ABS Krista	9:30 AM STEP Nancy	9:00 AM  BODY PUMP	10:00 AM  BODY PUMP
10:00 AM  BODY PUMP	10:30 AM YOGA Valerie	10:15 AM  BODY PUMP	10:30 AM YOGA Cheryl	10:30 AM PILATES Cheryl	9:15 AM SPIN Audrey	10:15 AM SPIN Instructor Varies
5:00 PM SPIN Alice/Diane	5:15 PM SPIN Tami/Kathie 5:15 PM TURBO ABS	5:00 PM AB BLAST Jennifer/Nancy	4:30 PM BODYPUMP EXPRESS 45 Min. 5:15 PM SPIN		10:05 AM PILATES Instructor Varies	11:00 AM ZUMBA Jackie
5:25 PM  BODY PUMP	5:25 PM TURBOKICK Pam 50 Min.	5:15 PM STEP Jennifer/Nancy 45 Min.	5:25 PM ZUMBA Kate	5:30 PM KICKBOX Holly	10:30 AM SPIN Ed	
6:30 PM STEP Holly	6:20 PM  BODY PUMP	6:00 PM  BODY PUMP	6:25 PM  BODY PUMP		11:00 AM ZUMBA Cindy	
6:15 PM SPIN Amy	6:15 PM SPIN Suzy	6:00 PM SPIN Tammy	6:30 PM SPIN Kathie			
7:30 PM  BODY PUMP	7:30 PM PILATES Mary M	7:15 PM DYNAMIC TRAINING Team Trainers	7:30 PM YOGA Tami			