



Group Ex Schedule

October 2007



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM Funktastic Jeff	5:15-6:15 Mix Up! Quintin	5:30-6:30 AM Step It Up Jeff	5:15-6:15 Mix Up! Quintin	5:30-6:30 AM Hip Hop Dance Jeff		
					7:30-8:20 AM Cycle Blast Roston/Denzil	
					8:30-9:25 AM Junkanoo Rush John	
9:15-10:15 AM Kick, Punch & Jam John	9:15-10:15 AM Powerflex - Plyo Carlos	9:15-10:15 AM Step It Up! Jeff	9:15-10:15 AM Powerflex Donn	9:15-10:15 AM The Groove Comby	9:35-10:25 AM Powerflex - Plyo Carlos/Donn	10:00-11:00 AM Stretch and Sculpt Jose
10:30-11:30AM Get Steppin' Michaelangelo	10:30-11:30AM Cardio Circuit Michaelangelo	10:30-11:30AM Body Sculpt Michaelangelo		10:30-11:30AM Mat Pilates Michaelangelo	10:30-11:25 AM Step It Up Jeff	
5:30-6:20 PM Junkanoo Rush Comby	5:30-6:20 PM Funktastic Jeff	5:30-6:20 PM Kick, Punch & Jam Jose	5:30-6:20 PM Powerflex Yolanda			
6:30-7:20 PM Powerflex - Plyo Carlos	6:30-7:20 PM Soca Mania Comby	6:30-7:20 PM Soca Mania Comby	6:30-7:20 PM Soca Mania John	6:00-7:00 PM Bring'n' Sexy Back! John	11:30-12:30 Yoga Michaelangelo	
7:30-8:20 PM Step It Up! Jeff	7:30-8:20 PM Cycle Blast! Donn	7:30-8:45 PM Yoga Elaine	7:30-8:20 PM Cycle Blast Donn			
Stretch Area						
6:30-7:20 PM Red Carpet Blast Comby	6:30-7:20 PM Red Carpet Blast Jose	6:30-7:20 PM Red Carpet Blast Jose	6:30-7:20 PM Red Carpet Blast Jose		9:30-10:00 AM Abs, Buns & Thighs Comby	
					Club Hours	
					Monday	5:00 AM - 9:00 PM
					Tuesday	5:00 AM - 9:00 PM
					Wednesday	5:00 AM - 9:00 PM
					Thursday	5:00 AM - 9:00 PM
					Friday	5:00 AM - 8:00 PM
					Saturday	6:00 AM - 4:00 PM
					Sunday	8:00 AM - 4:00 PM