



SPECIALTY GROUP FITNESS CLASSES -SUMMER 2010



(See pages 40-43 in brochure for prices)

TIME/ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME/ROOM	SATURDAY	SUNDAY
5:00 - 6:00 AM Studio 2	Group Centergy	Group Centergy	Group Centergy	Group Centergy	Group Centergy	7:00 - 8:00 AM Studio 2	Group Power	
6:00 - 7:00 AM Studio 2	Group Groove	Group Power	Group Groove	Group Power	Group Groove	8:00 - 9:00 AM Studio 2	Group Centergy	
7:10 - 8:10 AM Studio 2	Group Centergy	Group Centergy	Group Centergy	Group Centergy	Group Centergy Studio 4	8:10 - 9:10 AM Studio 2		Group Power
8:05 - 9:05 AM Studio 1	Group Ride		Group Ride			9:05 - 10:15 AM Studio 2	Group Groove	
8:10 - 9:10 AM Studio 2	Group Power		Group Power		Group Power	9:15 - 10:15 AM Studio 2		Group Centergy
8:10 - 9:10 AM Studio 2		Group Groove		Group Groove		10:15 - 11:15 AM Studio 2	Group Power	
9:15 - 10:15 AM Adventure Center								
9:15 - 10:15 AM Studio 2	Group Power	Group Centergy	Group Power	Group Centergy	Group Power			
9:15 - 10:15 AM Studio 3	Group Centergy		Group Centergy		Group Centergy			
9:15 - 10:15 AM Dance Room			Group Kick					
9:20 - 10:20 AM Studio 1	Group Ride							
10:20 - 11:20 AM Studio 2	Group Groove		Group Groove					
10:15 - 11:15 AM Studio 4	Group Centergy		Group Centergy					
10:20 - 11:20 AM Studio 2		Group Power		Group Power				
5:30 - 6:30 PM Studio 2		Group Power		Group Power				
6:00 - 7:00 PM Studio 2	Group Groove		Group Groove					
6:30 - 7:30 PM Studio 2		Group Centergy		Group Centergy				
7:00 - 8:00 PM Studio 2	Group Power		Group Power					



B.T.S. specialty class participants must present either their UNLIMITED PASS (sticker) or a "One Day" B.T.S. ticket at the beginning of class. **NO EXCEPTIONS.** Extra tickets can be purchased at the front desk.

Rev: 6/28/10;jm