



SPECIALTY GROUP FITNESS CLASSES - SPRING I 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 | 6:00 - 7:00 AM Studio 2 | Group Power | |
| 6:00 - 7:00 AM Studio 2 | Group Groove | Group Power | Group Groove | Group Power | Group Groove | 6:00 - 7:00 AM Studio 4 | Group Centergy | |
| 6:00 - 7:00 AM Dance Room | | | | | Group Kick | 7:00 - 8:00 AM Studio 2 | Group Centergy | |
| 7:10 - 8:10 AM Studio 2 | Group Centergy | Group Centergy | Group Centergy | Group Centergy | Group Centergy Studio 4 | 8:00 - 9:00 AM Studio 2 | Group Power Centergy Mix | Group Power |
| 8:05 - 9:05 AM Studio 1 | Group Ride | | Group Ride | | | 9:00 - 10:00 AM Studio 2 | | Group Centergy |
| 8:10 - 9:10 AM Studio 2 | Group Power | | Group Power | | Group Power | 9:10 - 10:25 AM Studio 2 | Group Groove | |
| 8:10 - 9:10 AM Studio 2 | | Group Groove | | Group Groove | | 10:30 - 11:30 AM Studio 2 | Group Power | |
| 9:15 - 10:15 AM Adventure Center | | | Group Kick | | | 11:30 - 12:30 PM Studio 2 | Group Kick | |
| 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 | | Group Groove | | | |
| 10:15 - 11:15 AM Studio 4 | Group Centergy | | Group Centergy | | Group Centergy | | | |
| 10:20 - 11:20 AM Studio 1 | | | Group Ride | | | | | |
| 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 Kick Studio 3 | 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.

