

# Gymnasium November 2008

**Hours**

Mon-Fri 5:00am-10:00pm  
 Sat/Sun 7:00am-8:00pm

*updated: 10/21/08*

MON	TUES	WED	THU	FRI	SAT	SUN
	6:00-6:55am Strength Conditioning Alli		6:00-6:55am Strength Conditioning Alli			
8:00-8:55am Strength Conditioning Seth	8:00-8:55am Step Rachel	8:00-8:55am Bosu Strength Conditioning Seth	8:00-8:55am Tricky Step Christina	8:00-8:55am Strength Conditioning Seth	8:30-9:25am Step Nicolette	
9:00-9:55am Dance Mix Ramon	9:00-9:55am Pilates Level I Mat Jason	9:00-9:55am Dance Mix Ramon	9:00-9:55am Pilates Level I Mat Jason	9:00-9:55am Dance Mix Ramon	9:30-10:25am All Level Karate Ryan \$	9:30-10:25am Step Carol 2,9 Katie 23 Mary Ann 16,30
10:00-11:00am Body Blast Roshan	10:15-11:00am Fitness Lite Strength/wt. rm Anya	10:00-11:00am Interval Step Roshan	10:15-11:00am Fitness Lite Cardio Alli	10:00-11:00am Step Roshan		10:30am-12:00pm Dance Mix Ramon
12:00-2:00pm Basketball	12:00-12:55pm MVe Fitness Chair Small Group Rachel \$	12:00-2:00pm Basketball		12:00-2:00pm Basketball	11:00-4:00pm Birthday Parties	12:00-4:00pm Birthday Parties
				2:00-3:30pm School Groups		
4:30-5:25pm Strength Conditioning Seth	4:30-5:25pm Step Roshan	4:30-5:25pm Strength Conditioning Andy	4:30-5:25pm Step Roshan		4:00-5:30pm Hip Hop/ Breakdance Kids Rex	
5:30-6:25pm Step Katie	5:30-6:25pm Kickboxing/ Core Courtney	5:30-6:25pm Step Katie	5:30-6:25pm Kickboxing/ Core Courtney	5:30-6:30pm Boot Camp Benny		
6:30-7:30pm Boot Camp Benny	6:30-8:25pm Adult Karate \$	6:30-7:30pm Boot Camp Benny	6:30-8:25pm Adult Karate \$	6:30-8:30pm Brazilian/Samba Dance Kathryn / Andelain		
				Drum (\$)		