East Family Branch YMCA Fitness Class Schedule March 2010

	1	2	3	4	5	6
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Carmen	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Pam
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Casie		
	5:45CY Casie	5:45CY Carmen	5:45CY Casie	5:45CY Carmen		
	6:00 Zumba Brian	6:00 BodyPump Gena	6:00 Zumba Brian	6:00 BodyPump Rob		
7	8	9	10	11	12	13
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Carmen	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Rob
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Rob
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Carmen		
	5:45CY Carmen	5:45CY Carmen	5:45CY Casie	5:45CY Rob		
	6:00 Zumba Brian	6:00 BodyPump Gino	6:00 Zumba Brian	6:00 BodyPump Pam		
#	15	16	17	18	19	20
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Casie	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Tina	8:30 20/20/20 Joanna	8:30 BodyPump Tina	8:30 20/20/20 Joanna	
						9:15 BodyPump Pam
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
						10:30 Zumba Carmen
		5:00 CY Tangie		5:00 CY Casie		
	5:45CY Casie	5:45CY Carmen	5:45CY Casie	5:45CY Carmen		
	6:00 Zumba Brian	6:00 BodyPump Gena	6:00 Zumba Brian	6:00 BodyPump Rob		
#	22	23	24	25	26	27
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Casie	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Rob
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
						10:30 Zumba Carmen
		5:00 CY Tangie		5:00 CY Carmen		
	5:45CY Carmen	5:45CY Carmen	5:45CY Casie	5:45CY Rob		
	6:00 Zumba Brian	6:00 BodyPump Gino	6:00 Zumba Brian	6:00 BodyPump Pam		
#	29	30	31			
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob			
		8:00 CY Brooke				
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna			
		11:00 Fit for Life Charlene				
		5:00 CY Tangie				
	5:45CY Casie	5:45CY Carmen	5:45CY Casie			
	6:00 Zumba Brian	6:00 BodyPump Gino	6:00 Zumba Brian			