

Y'sUp@Hillwood Group Exercise Schedule



February 6 - March 6 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	5:15 GG Stephannie M 5:30 Cycle Rochelle 6:00 GG -Stephannie M	5:15 GG -Tim 5:30Cycle -Stacey 7:00 GG -Tim	5:15 GG Stephannie M 5:30 Cycle-Stephanie A 6:00 GG -Stephannie M	5:15 GG Laura 5:30 Cycle -Charles 7:00 GG -Laura	5:15 GG Stephannie 5:30 Cycle -Stacey 8:00 "Swap" -Laura	7:30 GG - Laura 8:15 Cycle -Stephanie A 8:30 GG Laura 9:15 Cycle Amy 9:15 G PILATES -Laura
	8:00 Cycle Tim 8:30 GG Kim	8:00 "Swap" -Tim	8:00 Cycle Tina H 8:30 GG Laura	8:00 "Swap" - Laura	11:30 GG Kim 12:00 "SWAP" Tangie	
	11:30 GG Tangie 12:00 "SWAP" Elizabeth	11:30 GG - Kim 12:15 Cycle -Yvonne	11:30 GG Tangie 12:00 "SWAP" Kim	11:30 GG Kim 12:15 Cycle -Yvonne		
	4:15 GG - Laura 4:30 "SWAP" -Tangie 5:30 Cycle - Tim 5:45 GG -Tangie	4:15 GG -Gina 5:30 Cycle -Stacey 5:45 GG -Laura	4:15 GG - Tim 4:30 "SWAP" -Laura 5:30 Cycle -Tim 5:45 GG Laura	4:15 GG -Gina 5:30 Cycle -Amy 5:45 GG -Gina		
14	15	16	17	18	19	20
	5:15 GG Stephannie M 5:30 Cycle Rochelle 6:00 GG -Stephannie M	5:15 GG -Tim 5:30Cycle -Stacey 7:00 GG -Tim	5:15 GG Stephannie M 5:30 Cycle- Laura 6:00 GG -Stephannie M	5:15 GG Laura 5:30 Cycle -Charles 7:00 GG -Laura	5:15 GG Stephannie 5:30Cycle -Laura 8:00 "Swap" -Laura	7:30 GG - Stephannie M ***7:45-9:00 Super Cycle Stacey
	8:00 Cycle Tim 8:30 GG Laura	8:00 "Swap" - Tim	8:00 Cycle Tina 8:30 GG Tim	8:00 "Swap" - Laura	11:30 GG Tim 12:00 "SWAP" Tangie	8:30 GG Stephannie M 9:15 Cycle Mary-Aileen 9:15 G PILATES -Kim
	11:30 GG Tangie 12:00 "SWAP" Elizabeth	11:30 GG - Kim 12:15 Cycle -Yvonne	11:30 GG Tangie 12:00 "SWAP" Kim	11:30 GG Kim 12:15 Cycle -Yvonne		
	4:15 GG - Laura 4:30 "SWAP" -Tangie 5:30 Cycle - Tim 5:45 GG -Tangie	4:15 GG -Gina 5:30 Cycle -Amy 5:45 GG -Laura	4:15 GG -Tangie 4:30 "SWAP" -Tim 5:30 Cycle -Stephanie A. 5:45 GG Stacey	4:15 GG -Gina 5:30 Cycle Stacey 5:45 GG -Gina		

21-Jan	22	23	24	25	26	27
	5:15 GG Stephannie M	5:15 GG -Tim	5:15 GG Stephannie M	5:15 GG Laura	5:15 GG Stephannie	
	5:30 Cycle Rochelle	5:30Cycle -Stacey	5:30 Cycle-Stephanie A	5:30 Cycle -Charles	5:30Cycle - Laura	
	6:00 GG -Stephannie M		6:00 GG -Stephannie M			7:30 GG - Stephannie M
		7:00 GG -Tim		7:00 GG -Laura		8:15 Cycle -Stephanie A
	8:00 Cycle Tim	8:00 "Swap" - Tim	8:00 Cycle Tina	8:00 "Swap" - Laura	8:00 "Swap-Mary-Aileen	8:30 GG Stephannie M
	8:30 GG Kim		8:30 GG Tim			9:15 Cycle Amy
		9:00 "Swap" Laura		9:00 "Swap" Tim		9:15 G PILATES -Mary Aileen
	11:30 GG Tangie	11:30 GG - Laura	11:30 GG Tangie	11:30 GG Kim	11:30 GG Laura	
	12:00 "SWAP" Elizabeth	12:15 Cycle -Yvonne	12:00 "SWAP" Kim	12:15 Cycle - Tim	12:00 "SWAP" Tangie	
	4:15 GG - Laura	4:15 GG -Gina	4:15 GG - Tangie	4:15 GG -Gina		
	4:30 "SWAP -Tangie		4:30 "SWAP -Laura			
	5:30 Cycle - Tim	5:30 Cycle -Stacey	5:30 Cycle -Tim	5:30 Cycle -Amy		
	5:45 GG -Tangie	5:45 GG -Laura	5:45 GG Laura	5:45 GG -Gina		
28	1	2	3	4	5	6
	5:15 GG Stephannie M	5:15 GG -Tim	5:15 GG Stephannie M	5:15 GG Laura	5:15 GG Stephannie	
	5:30 Cycle Rochelle	5:30Cycle -Stacey	5:30 Cycle-	5:30 Cycle -Charles	5:30Cycle -Stacey	7:30 GG - Laura
	6:00 GG -Stephannie M		6:00 GG -Stephannie M			***7:45-9:00 Super Cycle Stacey
		7:00 GG -Tim		7:00 GG -Laura		
	8:00 Cycle Tim	8:00 "Swap" - Tim	8:00 Cycle Tina	8:00 "Swap" - Laura	8:00 "Swap" -Laura	8:30 GG Laura
	8:30 GG Laura		8:30 GG Laura			9:15 Cycle Mary-Aileen
		9:00 "Swap" Laura		9:00 "Swap" Tim		9:15 G PILATES - Kim
	11:30 GG Tangie	11:30 GG - Kim	11:30 GG Tangie	11:30 GG Kim	11:30 GG Tim	
	12:00 "SWAP" Elizabeth	12:15 Cycle -Yvonne	12:00 "SWAP" Kim	12:15 Cycle -Yvonne	12:00 "SWAP" Tangie	
	4:15 GG - Laura	4:15 GG -Gina	4:15 GG - Tangie	4:15 GG -Gina		
	4:30 "SWAP -Tangie		4:30 "SWAP -Tim			
	5:30 Cycle - Tim	5:30 Cycle -Amy	5:30 Cycle -Stacey	5:30 Cycle -Mary-Aileen		
	5:45 GG -Tangie	5:45 GG -Laura	5:45 GG Tim	5:45 GG -Gina		



