

# TBS Aerobics - March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Level II w/Debi 12:15 30/15/15 w/ Jen 4:15 BOSU w/ Becca 5:05 30 min Basic Step w/ Staci 5:40-6:25 Zumba w/ Staci / Todd <b><u>6:30 Embodyoga w/ Lisa</u></b>	7:15 am Embodyoga w/ Erika 12:15 30 W /30 C w/ Liz 5:15 X-treme Step w/ Staci	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Zumba GOLD 12:15 Zumba w/Staci / Todd 4:10 Embodyoga w/ Sarah 5:15 BOSU Plus w/ Becky	12:15 30W/30C w/ Liz <b><u>4:15PM Bosu w/Steve</u></b> 5:15 45C/15 w/ Sandee 6:30 Embodyoga w/ Erika	7:15 Yog-Ease w/Jen 8:30 Level II Circuit / BOSU 12:15 40 C/20 Jenn Bond 4:10 Embodyoga w/ Sarah <b><u>5:15 Rythm Fit</u></b>	9:00 AM w/ Sandee 30 /30 Weights & Step
	9:00 AM w/ Jen Interval Power Hour	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Level II w/Debi 12:15 30/15/15 w/ Liz 4:15 BOSU w/ Becca 5:05 30 min Basic Step w/ Staci 5:40-6:25 Zumba w/ Staci / Todd <b><u>6:30 Embodyoga w/ Lisa</u></b>	7:15 am Embodyoga w/ Erika <b><u>10:00am Golf Pro-fit</u></b> 12:15 30 W /30 C w/ Liz 5:15 X-treme Step w/ Staci <b><u>6:30 Golf Pro-fit</u></b>	6:00 AM Sandee 7:15 Yog Ease w/ Jen 8:30 Zumba GOLD 12:15 Zumba w/Staci / Todd 4:10 Embodyoga w/ Sarah 5:15 BOSU Plus w/ Becky	<b><u>10:00am Golf Pro-fit</u></b> 12:15 30W/30C w/ Liz <b><u>4:15PM Bosu w/Stacey</u></b> 5:15 45C/15 w/ Sandee 6:30 Embodyoga w/ Erika	7:15 Yog-Ease w/Jen 8:30 Level II Circuit / BOSU 12:15 40 C/20 Jenn Bond 4:10 Embodyoga w/ Sarah <b><u>5:15 Rythm Fit</u></b> <b><u>6:30 Golf Pro-fit</u></b>
9:00 AM w/ Staci 40/20	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Level II w/Debi 12:15 30/15/15 w/ Jen 4:15 BOSU w/ Becca 5:05 30 min Basic Step w/ Staci 5:40-6:25 Zumba w/ Staci / Todd <b><u>6:30 Embodyoga w/ Lisa</u></b>	7:15 am Embodyoga w/ Erika <b><u>10:00am Golf Pro-fit</u></b> 12:15 30 W /30 C w/ Liz 5:15 X-treme Step w/ Staci 6:30 Golf Pro-fit	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Zumba GOLD 12:15 Zumba w/Staci / Todd 4:10 Embodyoga w/ Sarah 5:15 BOSU Plus w/ Becky	<b><u>10:00am Golf Pro-fit</u></b> 12:15 30W/30C w/ Liz <b><u>4:15PM Bosu w/Stacey</u></b> 5:15 45C/15 w/ Sandee 6:30 Embodyoga w/ Erika	7:15 Yog-Ease w/Jen 8:30 Level II Circuit / BOSU 12:15 40 C/20 Jenn Bond 4:10 Embodyoga w/ Sarah <b><u>5:15 Rythm Fit</u></b> <b><u>6:30 Golf Pro-fit</u></b>	9:00 AM w/ Becca & Liz BOSU & Cardio Interval
9:00 AM w/ Jen Interval Power Hour	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Level II w/Debi 12:15 30/15/15 w/ Liz 4:15 BOSU w/ Becca <b><u>5:15 Cardio Intervals w/Staci</u></b> <b><u>6:30 Embodyoga w/ Lisa</u></b>	7:15 am Embodyoga w/ Erika <b><u>10:00am Golf Pro-fit</u></b> 12:15 30 W /30 C w/ Liz 5:15 X-treme Step w/ Staci 6:30 Golf Pro-fit	6:00 AM Sandee 7:15 Yog Ease w/ Jen 8:30 Zumba GOLD 12:15 Zumba w/Staci / Todd 4:10 Embodyoga w/ Sarah 5:15 BOSU Plus w/ Becky	<b><u>10:00am Golf Pro-fit</u></b> 12:15 30W/30C w/ Liz <b><u>4:15PM Bosu w/Stacey</u></b> 5:15 45C/15 w/ Sandee 6:30 Embodyoga w/ Erika	7:15 Yog-Ease w/Jen 8:30 Level II Circuit / BOSU 12:15 40 C/20 Jenn Bond 4:10 Embodyoga w/ Sarah <b><u>5:15 Rythm Fit</u></b> <b><u>6:30 Golf Pro-fit</u></b>	9:00 AM w/ Jenn Bryant Double Step & Weights
9:00 AM w/ Sandee & Staci <b><u>Pinwheel Step</u></b>	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Level II w/Debi 12:15 30/15/15 w/ Jen 4:15 BOSU w/ Becca <b><u>5:15PM Cardio Intervals w/Staci</u></b> <b><u>6:30 Embodyoga w/ Lisa</u></b>	<b><u>10:00am Golf Pro-fit</u></b> 12:15 30 W /30 C w/ Liz 5:15 X-treme Step w/ Staci 6:30 Golf Pro-fit	6:00 AM Jenn 7:15 Yog Ease w/ Jen 8:30 Zumba GOLD 12:15 Zumba w/Staci / Todd 4:10 Embodyoga w/ Sarah 5:15 BOSU Plus w/ Becky	***** <b><u>NEW CLASSES ARE BOLDED AND UNDERLINED</u></b> *****		