

GROUP FITNESS SCHEDULE

CENTER STAGE DANCE ACADEMY

JULY 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am – 9:25 am	GENTLE AEROBICS (Studio 1)		GENTLE AEROBICS (Studio 1)		LINE DANCING (Studio 1)
9:00 am- 9:55 am		SCULPT & STRETCH* (Studio 2)		SCULPT & STRETCH* (Studio 2)	
		YOGA (Studio 3)		YOGA (Studio 3)	
9:30am- 10:25am	BODYSCULPTING (STUDIO 3)		BODY SCULPTING (STUDIO 1)		YOGA (Studio 2)
	YOGA (Studio 2)				
10:30 am- 11:25 am	SIT & GET FIT (STUDIO 1)		SIT & GET FIT (STUDIO 1)		

Please remember, the schedule is subject to change, including instructor, time and days, due to various reasons including vacations, emergencies, holidays, etc.

IMPORTANT DATES TO NOTE:

Monday, July 5th No Fitness Classes

***Tuesday, July 6th & 13th Sculpt & Stretch Cancelled**

***Thursday, July 15th Sculpt & Stretch moved to 8:30 AM**

