

# Five Points Washington A.M. Group Fitness Schedule- Last revised January 12th, 2009

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		<u><b>Body Pump</b></u> -Deb (Studio 3) <u><b>RPM</b></u> -Gigi (Studio 2)	<u><b>Body Step</b></u> -Leiana (Studio 1) <u><b>RPM</b></u> -Gigi (Studio 2)	<u><b>Body Pump</b></u> -Deb (Studio 3) <u><b>RPM</b></u> - Gigi (Studio 2)	<u><b>Body Step-Nikki</b></u> (Studio 1) <u><b>RPM</b></u> -Gigi (Studio 2)	<u><b>Body Pump</b></u> -Deb (Studio 3) <u><b>RPM</b></u> -Gigi (Studio 2)	
7:15AM							<u><b>RPM</b></u> - JB (Studio 2)
8:00AM			<u><b>Body Attack</b></u> -Joy (Studio 3) <u><b>Light-n-Low</b></u> -Teresa (Studio 1)		<u><b>Light-n-Low</b></u> -Teresa (Studio 1)		<u><b>Body Pump</b></u> -Michael (Studio 3)
8:20AM					<u><b>Attack Challenge-Joy</b></u> <i>(Studio 3)</i>		
8:35AM		<u><b>Power Abs</b></u> -Joy (Studio 3)		<u><b>Power Abs</b></u> -Joy (Studio 3)		<u><b>Power Abs</b></u> -Joy (Studio 3)	
9:00AM		<u><b>Body Step</b></u> -Joy (Studio 3) <u><b>Body Vive</b></u> - Stephanie (Studio 1)		<u><b>Body Attack</b></u> -Joy (Studio 3) <u><b>Body Vive</b></u> -Stepahnne (Studio 1)		<u><b>Body Step</b></u> -Joy (Studio 3)	
9:15AM			<u><b>Body Pump</b></u> -Joy (Studio 3)		<u><b>Body Pump</b></u> -Joy (Studio 3) <u><b>Body Jam</b></u> -JB (Studio 1)		<u><b>Body Jam</b></u> -Sean (Studio 1) <u><b>RPM</b></u> - (Studio 2) <u><b>Body Vive</b></u> -Michael (Studio 3)
10:00AM		<u><b>Tai Chi-Rita</b></u> (Studio 1)					
10:10 AM							<u><b>Power Abs</b></u> - Amy (Studio 2)
10:30AM		<u><b>RPM</b></u> -Jen (Studio 2)	<u><b>Yoga</b></u> -Heather (Studio 1)	<u><b>RPM</b></u> -Denise (Studio 2) <u><b>Zumba</b></u> - Dawn (Studio 1)		<u><b>RPM</b></u> -Denise (Studio 2) <u><b>Yoga</b></u> -Heather (Studio 1)	<u><b>Body Attack</b></u> -Amy (Studio 3) <u><b>TaiChi</b></u> -Rita (Studio 1)