

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

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00PM		<u>Body Pump</u> -Leiana (Studio 3)		<u>Body Pump</u> -Leiana (Studio 3)		<u>Body Pump</u> - Amanda (Studio 3)	
1:00PM							<u>Body Step</u> - (Studio 1)
2:30PM	<u>Body Pump</u> -Lisa (Studio 1)						<u>Body Pump</u> -Lynn/Leiana (Studio 1)
3:45PM	<u>Intro to Body Pump</u> - Kim (1st Sun. of month) (Studio 1)						
4:00PM	<u>Body Pump</u> - Kim (Studio 1)						
4:30PM		<u>Body Attack</u> -Vikki (Studio 3) <u>Body Jam</u> - Jb (Studio 1)	<u>Body Pump</u> -Leiana (Studio 3)	<u>Body Step</u> -Vikki (Studio 1)	<u>Body Pump</u> -Kim (Studio 3)		
5:15PM	<u>Body Jam</u> -Sean (Studio 1)						
5:30PM	<u>RPM</u> - Jenn (Studio 2)		<u>PiYo</u> -Renna (Studio 1)				
5:45PM		<u>Body Pump</u> -Michael (Studio 3) <u>RPM</u> -Amy (Studio 2) <u>Zumba</u> -Jose (Studio 1)	<u>Body Attack</u> -Amy (Studio 3)	<u>Body Pump</u> -Michael (Studio 3) <u>RPM</u> -Amy (Studio 2)	<u>Body Step</u> -Leiana (Studio 3)	<u>Body Pump</u> -Lisa (Studio 1)	
6:30PM			<u>RPM</u> -Jennifer (Studio 2)	<u>Zumba</u> -Jose (Studio 1)	<u>RPM</u> -Jennifer (Studio 2)		
6:45PM			<u>Yoga</u> -David (Studio 1)		<u>Yoga</u> -Lily (Senior Room)		
6:50PM			<u>Power Abs</u> -Amy (Studio 3)		<u>Power Abs</u> -Amy (Studio 3)		
7:00PM		<u>Body Jam</u> -Sean (Studio 1)					
7:15PM		<u>Body Pump</u> -Lynn (Studio 3)	<u>Body Vive</u> -Stephanie (Studio 3)	<u>Body Pump</u> -Lynn (Studio 3)	<u>Body Attack</u> -Amy (Studio 3)		
7:45PM					<u>Body Jam Technique</u> - Sonya (3rd Thursday of the month) (Studio 1)		
8:00PM			<u>Body Jam</u> -Sonya (Studio 1)		<u>Body Jam</u> -Sonya (Studio 1)		
8:15PM		<u>Yoga</u> -Liz (Studio 1)		<u>Yoga</u> -Liz (Studio 1)			