

Memorial Fitness Center - Hollywood

Studio B - Class Schedule

EFFECTIVE May 1, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 <i>Instructors Choice</i> <i>(Cardio kick/ ABS)</i> Belinda		6:00 <i>Cycling</i> <i>Abs/Back</i> Erin			
	8:30 <i>Maximum</i> <i>Strength</i> Liz		8:30 <i>Cycle Cut</i> Lori	8:30 <i>Yoga for</i> <i>Women</i> Corey	8:30 <i>Spin & Stretch</i> Beth	8:00 <i>SPIN</i> Michelle
9:00 <i>SPIN</i> Tim	9:30 <i>Step Up &</i> <i>Stretch Out</i> Beth	9:30 <i>SPIN</i> Lori	9:15-9:30 <i>Attack your Abs</i> 9:30 <i>Pilates</i> Erin	9:30 <i>SPIN</i> Sandra	9:30 <i>Super Circuit</i> Liz	9:00-10:15 <i>Super Cycle</i> <i>Cut</i> Lori
	12:00 <i>Kundalini</i> <i>Yoga</i> Carol	11:00 <i>Sit & Tone</i> Corey			11:30-12N <i>Reserved</i> <i>for</i> Pulmonary Rehab	10:30 <i>Prenatal</i> <i>Yoga</i> Carol
		5:00-5:30 <i>Butt & Gut</i> Dina				
	5:30 <i>Rush Hour</i> Maryanne	5:30 <i>Power</i> <i>Sculpt</i> Michelle	5:30 <i>Rush Hour</i> Michelle			
	6:30 -7:45 <i>Super Cycle</i> <i>Cut</i> Maryanne	6:30 <i>H.I.I.T</i> Suzanne	6:30 <i>SPIN</i> Michelle	6:00 <i>SPIN</i> Adrian		

SCHEDULE SUBJECT TO CHANGE.

For Indoor Cycling Only: Please sign-up 1 hour prior to scheduled time; class size is limited.

Exception on Sat. only you may call at 8:00am for the 9:15 am class.

Call us at (954) 265-5800 x2 and have your name placed on the list.

Check in at the front desk and receive a pass no less than 5 minutes before class.

5 minutes before class, those on the wait list will be granted a spot, if available.