

# TURKEY BURN OFF

## One to One Holiday Class Schedule

### Wednesday

6:00AM	Cycle 60	Paula
9:30AM	Pilates Mat	Hope
12:00PM	Zumba	Brenda
4:30PM	Cardio Muscle	Sarah
5:30PM	Yoga Flow	Allison
5:30PM	Cycle 60	Vincent

### Thursday

CLOSED

### Friday

8:30AM	Cycle 90	Pamela
10:30AM	Cardio Muscle	Pamela
11:30AM*	HardCORE Abs	Pamela
4:30PM	Muscle Conditioning	John
5:30PM	Yoga Flow	Nick
5:30PM	Cycle 60	Mike

### Saturday

8:15AM	Yoga Flow	Brian
8:15AM	Cycle 60	Michael C.
10:30AM	Zumba	David

\* HardCORE is a 30 min. class

\*\* Schedule subject to change. Call 368-1121 for more details.