

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Body Bars 45 min.-Jenn	Step 'n' Sculpt 45 min.-Jo	Yoga 60 min.-Frank	Body Bars 45 min.-Leslie			
6:45am	Rockin ABS 15 min.-Jenn	Rockin ABS 15 min.-Jo		Rockin ABS 15 min.-Leslie			
8:00am							
9:00am	20/20/20 60 min.-Jane	Fit 'n' Fab 60 min.-Jo	Body Bars 60 min.-Jane	Fit 'n' Fab 60 min.-Jo	Step 'n' Sculpt 30 min.-Jo	Cardio Spin 40 min.-Kristi	
9:30am					Pilates 60 min.-Jo		
10:00am	Pilates 60 min.-Jo	Flexibility 30 min.-Jo		Flexibility 30 min.-Jo			
11:00am	Yoga 60 min.-Frank		Yoga 60 min.-Frank				
4:30pm	Body Bars 45 min.-Barb	Pilates 60 min.-Jo	Cardio Hi/Low 25 min.-Barb	Pilates 60 min.-Jo			
5:00pm			Basic Step 25 min.-Barb				
5:15pm	Rockin ABS 15 min.-Barb						
5:29pm	Cardio Spin 40 min.-Kristi		Cardio Spin 40 min.-Kristi				
5:30pm	Basic Step 30 min.-Lynda	Cardio Kick Boxing 25 min.-Jo	Body Bars 55 min.- Barb	Strip-Ease 45 min.-Jo			
6:00pm	Rockin ABS 15 min.-Lynda	Step 'n' Sculpt 25 min.-Jo					
6:30pm	Yoga 60 min.-Lisa	Pilates 60 min.-Jo	Belly Dancing 60 min.-Nyssa	Yoga 60 min.-Jenn			

Nu Bodies Fitness & Cycling

Schedule for

March 15-May 2, 2010

**Live Longer...
Feel Better!**



FITNESS & TANNING WORLD

