



south bethesda

group exercise  
 holiday schedule  
 easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
6:30am total body conditioning  9:30am ultimate step  10:30am bodypump  12:00pm total body conditioning (45 min)  12:45pm pilates mat (45 min)	8:00am pilates mat (45 min)  8:45am bodypump  9:45am multi impact (45 min)  10:30am total body conditioning  11:30am step	9:00am step  10:00am total body conditioning  11:00am yoga (90 min)
cycling studio		
9:30am	8:45am super cycle  10:00am	9:00am  10:00am super spin
pool		
		11:00am aqua workout