



columbia heights

group exercise
 holiday schedule
 easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
6:30am boot camp (45min) 9:30am total body conditioning 12:00pm total body conditioning 6:00pm boot camp	9:00am boot camp *10:00am club strength 11:00am hip-hop funk *12:00pm masala dance *1:00pm zumba® 2:00pm african dance	*11:00am step *12:00pm total body conditioning
studio 2		
6:30am hatha yoga *9:30am hatha yoga	*10:00am hatha yoga *11:00am vinyasa yoga	*9:00am vinyasa yoga
cycling studio		
*6:30am (45min) *6:30pm (60min)	*9:00am (45min) *10:00am (45min) *11:00am (60min)	*10:00am (60min)