

# FITNESS SCHEDULE - W'10

Winter - Mon. Jan. 18 - Fri. Apr. 9, 2010

Land Classes-AC302 / Aqua Classes-RED POOL / Spinning-AC300

Time	Saturday	Sunday	NO CLASSES: Fri.-Sun. Apr. 2-4/2010 - Easter Thu Apr 8/10 - NO Classes after 3pm-Ath Banquet		
10:00am-11:00am	Total Body Francesca				
11:00am-12:00pm	Body Blast Jocelyn	Total Body Jocelyn	<b>REDUCED SCHEDULE due to Reading Week:</b> Sat. Feb 13 - Sun. Feb. 21/2010		
Reduced Schedule will be posted closer to date.					
Morning					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:15 am		Aquafit Ariah		Aquafit Ariah	
9:30-10:30am				Zumba Laura	
10:00-11:00 am	*Special Aquafit Sil	Total Body Kristy	*Special Aquafit Pat	Aquafit Marilyn	*Special Aquafit Leela
<b>* Course Registration Required for Special Aquafit Classes</b>					
11:30-12:00 pm	Water Running Leela		Water Running Sil		Water Running Sil
Afternoon					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00 pm	Step Julie/Mandi	Flex/Core Julia	Cardio Challenge Laura	Step Marie	Cardio Kickbox Ann
	Aquafit Susan	Aquafit Deb D.	Intense Aquafit Pat	Aquafit Leela	Intense Aquafit Jaye
1:00-2:00 pm	Total Body Natalie			Cardio Challenge Kristy	
1:10-2:10pm		Body Blast Karen Y	Bosu/Ball Margaret		
2:00-3:00 pm	Body Blast Lynne		2:10 start - Step Jess	Body Blast Mallory	
3:00-4:00	Cardio Hip Hop Rebecca	Step Kristy	Body Blast Angela		
3:30-4:30pm				Cardio Kickbox Mandi	
4:00-5:00 pm	Fun it Up Kate		Cardio Kickbox Thamara		Zumba Carlos
			Aquafit Kim	Aquafit Kim	
Evening					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00 pm	Bosu Chisel Thamara	Cardio Kickbox Lynne	Body Blast Jeff/Jocelyn	Step n Sprint Lynne	
6:00-6:30 pm		Hardcore Lynne/Thamara			
6:00-7:00 pm	Aquafit Jane			Aquafit Jane	
	Step Jeff		Zumba Stephanie	Flex Terri	
7:00-8:00 pm	Zumba Stephanie				
<b>Last Updated Feb. 4/10 - visit <a href="http://www.gryphons.ca">www.gryphons.ca</a> for current schedule/cancellations</b>					