

Club Fitness Group Exercise Schedule - Effective June 1st 2010



611 North Bardstown Rd.
 Phone: (502) 538-3476
www.clubfitnessky.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
5:30 -6:30 Extreme BootCamp Justin (CLOSED)		5:30 -6:30 Extreme BootCamp Justin	9:45 -10:45 Cardio Blast Lori	5:30 -6:30 Extreme BootCamp Justin (CLOSED)	9:00-10:00 Extreme BootCamp Justin (CLOSED)	1:00 - 1:50 Spin n Up Danny/Ginger
9:45-10:30 Spin Lori /Judy		9:15-10:00 Muscle Mix Lori		10:00 - 10:50 Spin Tim	10:00 - 10:50 Pump Ginger/Lori	
10:45-11:15 Kick Box Lori/Ann	2:30 -3:15 Silver Sneakers Ann	10:15 - 11:15 Spin Lori	2:30 -3:15 Silver Sneakers Ann		11:00 - 11:50 Zumba Missy	
Evening Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 <i>Green Rm</i> Ultimate Interval Ann	6:00-7:00 Extreme Boot Camp Justin (CLOSED)	6:00 -7:00 Zumba Linda	6:00-7:00 Extreme Boot Camp Justin (CLOSED)			
6:15 -7:15 Zumba Linda	6:00 - 7:00 Spin Danny	6:00 - 7:00 Spin Tim	6:15 - 7:15 Muscle Work Ginger (blue Room)			
6:00 - 7:00 Spin w/Tim 7:15 Sports Perform	7:00-8:00 Triple Play Lori	7:00-7:30 Have-A-Ball Linda 7:00-8:00 Krav-Maga Membership Required	7:00-8:30 Elite Cheer (Green Rm)	"Remember to sign in to every class you attend - Classes will remain on the schedule based on participation"		