

GROUP FITNESS CLASS SCHEDULE- Effective January 25th 2010

MONDAY TUESDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30-9:30	On the Ball	Renee B.	8:30 - 9:15	Sweat-n-Chisel	Judy
9:30 - 10:30	Spin	Amy	9:15 - 9:30	Abs	Judy
9:30 - 10:15	Manic Monday	Renee B.	9:30 - 10:30	Mixer	Kim
10:15 - 10:30	Abs	Renee B.	10:30 - 11:30	Yoga	Kristina
4:30-5:30	Mixer	Judy	5:30 - 6:30	Power Hour	Ruth
5:30 - 6:15	Amp it Up	Judy	6:30 - 7:30	Spin	Renee N
6:15 - 6:30	Abs	Judy	6:30 - 7:30	Kickboxing	Ruth
5:30- 6:30	Spin	Kris			
6:30 - 7:30	Step-n-Sculpt	Kim			

WEDNESDAY THURSDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:00 - 7:00	Spin	Skip	8:30 - 9:30	Mat Pilates	Cathy
8:30 - 9:30	Step-n-Sculpt	Judy	9:30 - 10:30	Spin	Skip
9:30 - 10:30	Amp it Up	Deb	9:30 - 10:15	Sweat-n-Chisel	Ruth
9:30 - 10:30	Spin	Renee N	10:15 - 10:30	Abs	"
5:30 - 6:15	Step it Up	Renee B.	10:30 - 11:15	Kickboxing	Ruth
6:15- 6:30	Abs	"	11:15 - 11:30	Abs	"
6:30 - 7:30	On the Ball	Renee B.	5:30 - 6:30	Sweat-n-Chisel	Renee B.
			5:30 - 6:30	Spin	Diane
			6:30 - 7:30	Mat Pilates	Cathy

FRIDAY SATURDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30 - 9:15	Power Hour	Michelle	8:00 - 8:45	Sweat-n-Chisel	Deb
9:15 - 9:30	Abs	"	8:45 - 9:00	Abs	"
9:30-10:30	Spin	Laurie	9:00 - 10:00	Spin	Skip
9:30-10:30	Step it Up	Judy	9:00 - 10:00	Step it Up	Renee
4:30-5:30	Step-n-Sculpt	Renee B	10:00-11:00	Yoga	Kristina

SUNDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
9:00 - 10:00	Spin	Deb
10:00 - 10:45	On the Ball	Deb
10:45-11:00	Abs	Deb

Classes are subject to cancellation if participation is low

CLUB HOURS:

Mon & Wed 6:00am-8:30pm Tue & Thur 7:30am-8:30pm Friday 6:00am-6:00pm
 Saturday 7:30am-2:00pm Sunday 9:00am-1:00pm **Winter/Spring/Fall Hrs**

Friday 6:00am-3:00pm (Summer Hrs)

Lady of Livingston (810) 225-8730

8491 W. Grand River, Suite 100
 Brighton, MI 48116

Check out our website! ladyoflivingston.com (get club info & print off class schedules)

Babysitting Rates

1 Month-\$35.00
 \$5.00 per child

EFT
 Drop-In

Revservation are Required

Mon-Friday 8:30-12:00

Day Care Hrs