



LHC Class Schedule 2008 Month _____

	MON	TUES	WED	THURS	FRI	SAT	SUN
6 am	Strength/Cond 6:00-7:00	Intermediate Yoga 6:00-7:15	Cycle 6:00-7:00	Intermediate Yoga 6:00-7:15	Cycle 6:15-7:15		
7 am			Flexibility- Pilates 7:15-8:15		Flexibility- Pilates 7:15-8:15		
8 am	Pilates 8:00-9:00	Super Circuit 8:00-9:00	Gentle Yoga 8:20-9:25	Super Circuit 8:00-9:00	Strength/Cond 8:20-9:30	Super Circuit 8:00-9:00 Cycle 8:00-9:00	Cycle/Strength 8:30-9:30 30/30
9 am	Cycle 9:00-9:30 Strength/Cond 9:35-10:35	Yoga-lates 8:30-9:30 Strength/Cond 9:35-10:35	Strength/Cond 9:35-10:35	Yoga-lates 8:30-9:30	Strength/Cond 9:35-10:50	Yoga 9:00-10:15	Intermediate Yoga 9:35-11:05
10 am	Strength/Cond 10:45-12:00	Stretch/Core Balance 10:45-11:30	Strength/Cond 10:45-12:00			Pilates Sculpt 10:45-11:45	
12 pm	Circuit 12:00-12:30 Gentle Yoga 12:30-1:45		Gentle Yoga 12:30-1:45				
3 pm			Futures Kids 1:45-2:30				
4 pm			Circuit 4:30-5:00 (no instructor)	Cycle/Stren. 40/20 4:00-5:00			
5 pm	Pilates 5:00-6:00	Pilates 5:00-6:00	Stretch 5:00-5:30 Cardio CoreMotion 5:30-6:30	Pilates 5:00-6:00	Yoga (Kundalini) 5:00-6:15		
6 pm	Cycle/ 6:00-6:45 Boot Camp 6:50-7:30	Strength/Cond 6:00-7:00	Cycle 6:00-7:00	Cycle 6:00-7:00 Yoga 6:30-7:45			
7 pm		Intermediate Yoga 7:15-8:30					

Circuit Classes are downstairs in the Weight room

Cycle Classes are upstairs in the Cycle Studio Located past the Pilates Studio & Massage Room

Yoga, Pilates and Strength are upstairs in the main Classroom Revised 06/08