

POWERHOUSE GROUP EXERCISE DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:45 AM	7:00 AM
POWER SPIN STEPH	FULL BODY STRENGTH WILLIAM	REBOUNTING STEPH	BODY SCULPT WILLIAM	POWER SPIN STEPH	ADRENALINE RIDE STEPH
9:00	9:30	9:30	9:00	9:00	8:00
CARDIO SCULPT AMANDA	ATHLETIC YOGA DAYNA	XTREME SHED JOHN	ABS & BOOTY YOGA KRISTEN	CARDIO SCULPT AMANDA	KICK ASS BOOTCAMP SANDI
10:00	10:30	10:30	10:30	9:30	9:00
BUTT THIGHS AND ABS JEN	BOXING 101 JOHN	FULL BODY FUSION PALMA	METABOLIC CONDITIONING JOHN	HOT YOGA DAYNA	SUNRISE MULTILEVEL FLOW YOGA KRISTEN
		EVENING	CLASSES		
6:30	6:00	6:30	6:30	6:00	
A-G-L ABS GLUTES LEGS SANDI	ZUMBA STRONG LUCINDA	ZUMBA LUCINDA	ZUMBA STEP GURDEEP	ZUMBA LUCINDA	
7:30	6:30	6:30	6:30	6:00	
EXTREME POWER DANCE JAYE	ADRENALINE SPIN STEPH	BCAA's <small>BACK CHEST ARMS ABS</small> PALMA	NRGY SPIN SANDI	HOT YOGA KRISTEN	
	7:30	7:30	7:30		
	STRENGTH AND FLEXIBILITY YOGA KRISTEN	BUTT THIGHS AND ABS JEN	KICK BOX ABS SANDI		

POWERHOUSE

FAMILY GYM FITNESS