

SOUTH LYON POWERHOUSE GYM Class

Schedule

March-18



Day	Time	Class	Instructor	Room
M o n d a y	8:00-9:00 AM	Vinyasa	Brandy	Fitness Room
	9:15-10:15 AM	Bootcamp	Tammy	Fitness Room
	5:30-6:15 PM	Strength and Tone	Tammy	Fitness Room
	6:15-7:15 PM	Spin	Tom	Spin Studio
	6:30-7:30 PM	Yoga Flow	Brandy	Fitness Room
T u e s d a y	6:00-7:00 AM	Spin	Tom	Spin Studio
	9:00-10:00 AM	Yoga Flow	Lori	Fitness Room
	9:30-10:30 AM	Cycle and Circuit	Tammy	Spin Studio
	6:00-6:55 PM	Tabata	Tammy	Fitness Room
	7:00-7:30 PM	Spin Express	Tammy	Spin Studio
W e d n e s d a y	8:00-9:00 AM	Yoga Flow	Brandy	Fitness Room
	9:30-10:30 AM	Cycle and Circuit	Tammy	Spin Studio
	5:30-6:15 PM	Strength and Tone	Tammy	Fitness Room
	6:15-7:00 PM	Spin	Tom/Tammy	Spin Studio
	6:30-7:30	Yin Yoga	Brandy	Fitness Room
T h u r s d a y	6:00-7:00 AM	Cycle and Circuit	Tom	Fitness Room
	8:00-9:00 AM	Ashtanga Short Form	Brandy	Fitness Room
	9:15-10:15 AM	Spin/Circuit	Tammy	Fitness Room
	6:00-6:55 PM	Bootcamp	Tom/Tammy	Fitness Room
F r i d a y	8:00-9:00 AM	Vinyasa Yoga	Anna	Fitness Room
	9:15-10:15 AM	Instructor's Choice	Tammy	Fitness Room
S a t u r d a y	8:00-8:55 AM	Instructor's Choice	Tom	Fitness Room
	9:00-10:00 AM	Spin	Tom	Spin Studio
	9:05-10:05 AM	Yoga	Laura	Spin Studio
	10:15 -11:00 AM	Fit Kids	Tammy	Fitness Room