



Pahrump Group Class Schedule

(Effective 04/17/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am Step & Sculpt Room A - Connie	8:00am-9:00am Body Sculpt Room A - Lisa	8:00am-9:00am Step & Sculpt Room A - Connie	8:00am-9:00am Body Sculpt Room A - Lisa	8:00am-9:00am  Room A - Mary	
9:30am-10:30am  Room A - Terrie M	9:00am-10:00am Pilates  Room B - Liz	9:00am-10:00am Yoga Stretch Room B - Chandini	9:00am-10:00am Pilates  Room B - Liz	9:30am-10:30am  Room A - Terrie M	9:00am-10:30am Yoga Room B - Chandini
10:00am-11:30am Yoga Room B - Liz	9:00am-10:00am Tai Chi Room A- Paul	9:30am-10:30am  Room A - Terrie M	9:00am-10:00am Tai Chi Room A- Paul	10:00am-11:30am Yoga Room B - Liz	
11:00am-11:45am  Room A - Terrie M	10:10am-10:55am Beginning  Room A - Terrie M	11:00am-11:45am  Room A - Terrie M	10:10am-10:55am Beginning  Room A - Terrie M	11:00am-11:45am  Room A - Terrie M	
Noon-1:00pm Cardio Sculpt Room A - Lisa	11:00am-Noon  Room A - Mary	Noon-1:00pm Cardio Mix Room A - Lana	11:00am-12:00pm Line Dancing  Room A - Terri R	Noon-1:00pm Cardio Power Room A - Lana	
	4:30pm-6pm Beginning Yoga Room B - Liz	5:30pm-6:30pm  Room A - Alma	4:30pm-6pm Beginning Yoga Room B - Liz	5:30pm-6:30pm  Room A - Alma	
	6:00pm-7:00pm KICKBOXING Room A - Irais 	6:30pm-8:00pm Yoga Room B - Chandini	6:00pm-7:00pm KICKBOXING  Room A - Irais		
6:45pm-7:45pm Heart Core 		6:45pm-7:45pm Heart Core 			

