





Pahrump Group Class Schedule

(Effective 01/23/2017)

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  Room A - Terrie M	11:00am-11:45am  Room A - Terrie M	10:10am-10:55am  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		Noon-1:00pm Cardio Power Room A - Lana	
	4:30pm-6pm Beginning Yoga Room B - Liz		4:30pm-6pm Beginning Yoga Room B - Liz	1:15pm-2:15pm Line Dancing  Room A - Terri R	
		6:30pm-8:00pm Yoga Room B - Chandini			
6:45pm-7:45pm Heart Core Room A - Lana		6:45pm-7:45pm Heart Core Room A - Lana			