


AEROBICS & SPINNING

AS OF OCTOBER 2018 MENDHAM HEALTH

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6:00-6:45AM SPINNING WENDY/ CINDY	6:15-7:15AM Barre Plus KERRI	6:00-6:45AM SPINNING SANDY/ CLAUDIA		6:00-6:45 SPINNING SANDY		
7:30-8:30AM Hatha Flow MARTHE		8:00-9:00AM PowerTone LINDA		8:00-9:00 THE COM- PLETE 10 WENDY	8:00-9:00AM AT THE BARRE LYNN	8:30-9:30 SPINNING KERRI
9:15-10:15 SPINNING WENDY/ CINDY	8:30-9:30AM GO CARDIO LINDA	9:15-10:15AM SPINNING LINDSEY	8:30-9:30AM AT THE BARRE CINDY	9:15-10:15 SPINNING WENDY	8:30-9:30AM SPINNING CLAUDINE CLAUDIA	9:30-11am Sunday Surprise Lisa CHECK DATES
9:15-10:15 BODYBLAST LYNNE	9:30-10:30AM PILATES JUNE	9:15-10:45AM POWERPLUS LISA 	9:30-10:30AM PILATES JUNE	9:15-10:15 BODYPUMP LISA	9:15-10:45am IYENGAR YOGA ANITA	
10:15-11:15 PILATES NATALIA						
11:30-12:15 SPIN/ 12:15-1:00 BODYTONE WENDY/CINDY		11:30-12:15 SPIN/ 12:15-1:00 BODYTONE LINDSEY		11:30-12:15 SPIN 12:15-1:00 BODYTONE WENDY		
				3:15-4:15 GENTLE STRETCH MARTHE		
5:00-6:00 F.I.T. KERRI		5:00-6:00PM PILATES PLUS KERRI	5:00-6:00PM Hatha Flow LYNN			
	6:00-6:45PM SPINNING KERRI		6:00-6:45PM SPIN WENDY			
		6:30-8:00PM IYENGAR YOGA JAN				