

spring group exercise schedule revised april 18, 2008

monday	tuesday	wednesday	thursday	friday	saturday	sunday		
6:30 - 7:00 am core strengthening lori	6:50 - 7:50 am power yoga II lori	6:30 - 7:00 am core strengthening lori	7:00 - 8:00 am hatha yoga I & II: deep structure matthew	6:30 - 7:00 am core strengthening lori	9:30 - 10:30 am high class III garth	10:00 - 10:50 am step II garry		
7:00 - 8:00 am start me up! lori	11:30 - 12:15 pm step II jeff	7:00 - 8:00 am military drill II lori	7:00 - 8:00 am step 'n' strength I marysia	7:00 - 8:00 am cardio kick lori	9:30 - 10:45 am hatha yoga II kaya	10:50 - 11:50 am body sculpt garry		
11:30 - 12:00 pm hardcore abs & back strength ann marie	11:45 - 12:45 pm ashtanga yoga I natasha ** (new instructor) **	7:15 - 8:15 am open karate	11:15 - 12:15 pm hatha yoga II garry ** (new instructor) **	7:15 - 8:15 am open karate	10:45 - 11:30 am core strengthening garth	11:00 - 12:30 pm hatha yoga II ian		
11:30 - 12:15 pm power step III anna	12:15 - 1:00 pm mixed impact II jeff	11:00 - 11:30 am power workout anna	11:30 - 12:15 pm military drill III anna	11:30 - 12:15 pm twin step III anna	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">original studio <i>(shaded areas)</i></p> <hr/> <p style="text-align: center;">yoga studio <i>(non-shaded areas)</i></p> <hr/> <p style="text-align: center;">sign-up classes (marked with an X) sign-up online at www.adelaideclub.com contact andrea@adelaideclub.com for more info</p> <hr/> <p style="text-align: center;">levels of intensity:</p> <p style="text-align: center;">level I - gentle, beginners level II - moderate, intermediate level III - vigorous, advanced</p> <hr/> <p style="text-align: center;">club hours:</p> <p style="text-align: center;">monday - friday 5:30 am to 11:00 pm weekends & holidays 8:30 am to 6:00 pm</p> <hr/> <p style="text-align: center;">to receive regular group ex updates: email andrea@adelaideclub.com, director of group exercise at andrea@adelaideclub.com, subject: "add to group mail"</p> <hr/> <p style="text-align: center;">class descriptions: visit www.adelaideclub.com</p> </div>			
12:00 - 1:00 pm power yoga lori	12:45 - 1:30 pm core strengthening ann marie	11:30 - 12:00 pm hardcore abs & back strength anna	12:15 - 1:00 pm bosu sculpt rob	11:15 - 12:00 pm deep stretch jorhdin				
12:15 - 1:00 pm total body conditioning ann marie	1:00 - 1:45 pm bosu sculpt debra	11:30 - 12:15 pm body sculpt ann marie	12:15 - 1:00 pm body sculpt garry	12:00 - 12:45 pm core power clarisse				
1:00 - 1:45 pm hi/lo interval jorhdin	1:30 - 2:15 pm deep stretch ann marie	12:00 - 12:45 pm pilates II tracy	1:00 - 1:45 pm the cardio party II garth	12:15 - 1:00 pm military step III anna				
1:00 - 2:00 pm hatha yoga III ian	1:45 - 2:30 pm hi impact circuit III anna	12:15 - 1:00 pm the bottom line ann marie	1:00 - 1:45 pm core strengthening lori	1:00 - 1:45 pm body sculpt clarisse				
5:10 - 5:30 pm ultimate abs dexter	4:45 - 5:30 pm body sculpt lori	12:45 - 1:45 pm hatha yoga I ian	1:45 - 2:45 pm power yoga lori	12:45 - 1:45 pm hatha yoga I natasha				
5:30 - 6:15 pm pilates III doug	5:30 - 6:00 pm hardcore abs melissa	1:00 - 1:45 pm hi/lo interval rob	5:30 - 6:15 pm energy blast alix	1:45 - 2:45 pm hatha yoga II natasha				
5:30 - 6:30 pm boxing dexter	5:30 - 6:15 pm buns & legs of steel lori	1:45 - 2:15 pm hardcore abs & back rob	5:30 - 6:30 pm deep stretch renata	5:15 - 6:00 pm hip hop alix				
6:15 - 7:45 pm yoga for runners natasha	6:00 - 6:45 pm total body conditioning melissa	1:45 - 2:45 pm sports yoga annabel	6:15 - 6:45 pm hardcore abs & back strength claire ** (new instructor) **					
6:30 - 7:30 pm sweat & tone garth	6:30 - 8:00 pm hatha yoga II ian	5:15 - 6:45 pm hatha yoga I pierina	6:30 - 8:00 pm ashtanga yoga II ian					
		5:30 - 6:30 pm freestyle kickboxing dexter	6:45 - 7:30 pm body sculpt claire ** (new instructor) **					
				1 first canadian place 416.367.9957, ext. 6 adelaideclub.com cambridge group of clubs				

