

GROUP EX SCHEDULE

WINTER 2010 EFFECTIVE FEBRUARY 22, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7 am * BALANCE CORE CHALLENGE with Lori	5:45 - 6:30 am * BOOT CAMP with Lori	6:30 - 7 am * CORE STRENGTHENING with Lori	7 - 8 am * STEP 'N' STRENGTH I with Marysia	5:45 - 6:30 am * BOOT CAMP with Lori	9:45 - 10:30 am * HIGH CLASS III with Garth	10 - 10:50 am * STEP II with Gary
7 - 8 am * CARDIO KICK with Lori	6:30 - 7:00 am * CORE & MORE with Lori	7 - 8 am * BOOT CAMP CHALLENGE with Lori	11:30 am - 12:15 pm * MILITARY DRILL III with Rob	6:30 - 7 am * CORE STRENGTHENING with Lori	10:45 - 11:30 am * CORE STRENGTHENING with Garth	10:50 - 11:50 am * BODY SCULPT with Gary
11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Ann Marie	7 - 8 am * POWER YOGA with Lori	7:15 - 8:15 am * OPEN KARATE	12:15 - 1 pm * BOSU SCULPT with Rob	7 - 8 am * POWER SCULPT with Lori		11 am - 12:30 pm * HATHA YOGA II with Ian
11:30 am - 12:15 pm * POWER STEP III with Angela	11:30 am - 12:15 pm * STEP & GLIDE with Jeff	11 - 11:30 am * POWER WORKOUT with Ann Marie	12:15 - 1 pm * BODY SCULPT with Gary	7:15 - 8:15 am * OPEN KARATE		
12 - 1 pm * POWER YOGA with Lori	11:45 am - 12:45 pm * BEATS, BREATH & FLOW with Natasha	11 - 11:30 am * DEEP STRETCH with Rob	1 - 1:45 pm * CARDIO PARTY II with Garth	11:15 am - 12 pm * DEEP STRETCH with Jorhdin		
12:15 - 1 pm * TOTAL BODY CONDITIONING with Ann Marie	12:15 - 1 pm * ZUMBA with Jeff	11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with TBA	1 - 1:45 pm * CORE STRENGTHENING with Lori	11:30 am - 12:15 pm * TWIN STEP III with Angela		
1 - 1:45 pm * ZUMBA® with Isalba	12:45 - 1:30 pm * CORE STRENGTHENING with Ann Marie	11:30 am - 12:15 pm * TOTAL BODY CONDITIONING with Ann Marie	1:45 - 2:45 pm * POWER YOGA with Lori	12 - 12:45 pm * BODY SCULPT with Rob		
1 - 2 pm * HATHA YOGA III with Ian	1:00 - 1:45 pm * BOSU SCULPT with Deb	12 - 12:45 pm * PILATES II with Tracy	5:30 - 6 pm * CARDIO QUICKIE with Alix	12:15 - 1 pm * MILITARY STEP III with Ann Marie		
5:10 - 5:30 pm * ULTIMATE ABS with Dexter	1:30 - 2:15 pm * DEEP STRETCH with Ann Marie	12:15 - 1 pm * BRAZILIAN BUTT LIFT with Ann Marie	5:30 - 6:30 pm * DEEP STRETCH with Renata	12:45 - 1:45 pm * HATHA YOGA I with Natasha		
5:30 - 6:30 pm * YOGA HIPS & HAMSTRINGS with Natasha	1:45 - 2:30 pm * HI IMPACT CIRCUIT III with Gillian	12:45 - 1:45 pm * HATHA YOGA I with Ian	6:15 - 6:45 pm * FLAT ABS with Claire	1 - 1:45 pm * CARDIO EDGE with Rob		
5:30 - 6:30 pm * BOXING with Dexter	4:45 - 5:30 pm * CARDIO SCULPT with Lori	1 - 1:45 pm * CARDIO EDGE with Rob	6:30 - 8 pm * ASHTANGA YOGA II with Ian	1:45 - 2:45 pm * HATHA YOGA II with Natasha		
6:30 - 7:30 pm * SWEAT & TONE with Garth	5:10 - 5:30 pm * FLAT ABS with Alix	1:45 - 2:15 pm * HARDCORE ABS & BACK with Rob	6:45 - 7:30 pm * BODY SCULPT with Claire	5:15 - 6 pm * LET'S DANCE! with Alix		
	5:30 - 6:15 pm * BUNS & LEGS OF STEEL with Lori	4:45 - 6 pm * POWER YOGA with Lori				
	5:30 - 6:15 pm * NIA with Jennifer	5:30 - 6:30 pm * FREESTYLE KICKBOXING with Dexter				
	6:30 - 8 pm * HATHA YOGA II with Ian					

STUDIO GUIDE:

- * Original Studio
- Yoga Studio
- Online sign up required - adelaideclub.com
contact patsy@adelaideclub.com for access

LEVELS OF INTENSITY:

- Level I - gentle, beginners
- Level II - moderate, intermediate
- Level III - vigorous, advanced
- No Level Indication - appropriate for all levels

TO RECEIVE REGULAR GROUP EX UPDATES:

email patsy@adelaideclub.com
subject: add to group mail

CLASS DESCRIPTIONS:

Visit adelaideclub.com



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