



SPRING 2010 SCHEDULE

For current schedule visit our website www.tvfitnesspros.com

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM	VINYASA FLOW - Y Rm 9:30 AM - Daniele	CYCLING - C Rm 6:00 AM - Dee Dee VINYASA FLOW - Y Rm 7:00 AM - Gina MAT PILATES - Y Room 9:30 AM - Suzanne	VINYASA FLOW - Y Rm 9:30 AM - Suzanne	CYCLING - C Rm 6:00 AM - Dee Dee VINYASA FLOW - Y Rm 7:00 AM - Gina MAT PILATES - Y Room 9:30 AM - Suzanne	VINYASA FLOW - Y Rm 10:30 AM - Suzanne	VINYASA FLOW - Y Rm 9:00 AM - Suzanne	
LUNCH	CYCLING - C Rm 12:00 PM - Dee Dee		CYCLING - C Rm 12:00 PM - Dee Dee				HATHA - Y Rm 4:00 PM - Rose
PM	CYCLING - C Rm 6:30 w/ Meghan VINYASA FLOW - Y Rm 6:30 PM - Gina BOOTCAMP - B Rm 6:30 w/ Tammie ZUMBA - B Rm 7:30 w/ Jolene	CYCLING - C Rm 6:30 PM - Dee Dee	BOOTCAMP - B Rm 6:30 w/ Tammie CYCLING - C Rm 6:30 w/ Meghan	DRAGON BOAT CONDITIONING 6:00 w/ Kal BOOTCAMP - C Rm 7:00 w/ Tammie			

**GRAND OPENING
SPECIAL**
5 classes for \$50
60 day expiration