

SUPREME COURT ATHLETIC CLUB GROUP EXERCISE SCHEDULE

STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am Power Weights Laura	6 am Step Janice	6 am Power Weights Laura		6 am Step Janice	8:35 am Cardio Blitz Debra	9 am Kick Boxing Ev
11:15 am Power Weights Karen		11:15 am Power Weights Karen			10 am Step Shaye	10 am Jr. Kids DanceFuze Dance Identity
12 Noon Ujam/Zumba Clarice/Teresa	12 Noon Zumba Laleh	12 Noon Zumba Lydija	12 Noon Zumba/RIPPED Amanda	12 Noon Power Weights Karen	11:30 am Kids Bollywood Monika	11 am B'wood DanceFuze Dance Identity
5:30 - 6:15 pm Muscle Mix Tristen	5:30 pm Kick Boxing Amie	5:30 pm Cardio Sculpt Amie	5:30 pm Rush Interval Training Devon			Noon Sr. Kids DanceFuze Dance Identity
6:15 - 6:30 pm Ab Lab Tristen						
6:30 - 7:15 pm Zumba Tristen	6:30 pm Yoga Lynn Marie	6:30 pm Bombay Jam Mona Khan Co	6:30 pm Bollywood Cardio Dance Identity			
	8 pm Jazz Dance Dance Identity	7:30 pm Bollywood Dance Monika	7:30 pm DanceFuze Dance Identity			
8:30 pm Bollywood Dance Mona Khan Co.		8:30 pm Bollywood Dance Monika	8:30 pm Contemporary Dance Identity			

PACING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 Noon Karen	6 am Laura	12 Noon Karen	6 am Peggy			
6 pm Shawn		6 pm Jim				

Yellow classes are premium classes and are \$3/class or \$20 for 10-class card.

Blue classes are run by outside contractors and require online registration and fees. See flyer for details.