

Fairlawns Club - Studio Program

Fairlawns Club - Studio Program

M	T	W	T	F	S	S
0900-0945 TOTAL BODY CARDIO	0900-0945 1000-1045 DANCE ATTACK	0900-0945 1000-1045 POWER SCULPT	0930-10.15 DANCE FITNESS	0930-1015 PUMP JAYNE		
1000-1045 LEGS BUMS TUMS	1100-1145 ARMS, WAIST & ABS	1100-1145 STRETCH & FLEX	10.30-11.15 CORE CONDITIONING	1030-1115 PUMP JAYNE	1000-1045 CARDIO COMBAT	1000-1045 VINYASA YOGA LAURA
1100-1145 TOTAL BODY CARDIO	1200-1245 HATHA YOGA TONY	1245-1315 AQUA SPLASH	1230-13.15 PILATES JO	1130-1215 TOTAL BODY CARDIO	1100-1130 CORE 30	1100-1130 CORE 30
1200-1245 STRETCH & FLEX LISA	1300-1345 HATHA YOGA TONY			1245-1315 AQUA SPLASH		
1245-1315 AQUA SPLASH LISA	1400-1445 PILATES JAYNE				1400-1445 HATHA YOGA PHIL	
	1500-1545 PILATES JAYNE	1700-1745 PUMP JAYNE	1700-1745 ASHTANGA YOGA PHIL			
1800-1830 STUDIO PT CHEST/TRICEPS	1800-1830 STUDIO PT BACK/BICEPS	1800-1830 STUDIO PT SHOULDERS/ABS	1800-1830 STUDIO PT LEGS			
1900-1945 STEP & SCULPT	1900-1945 VINYASA FLOW YOGA LAURA	1900-1945 PILATES LEANNE	1900-1945 KILLER KETTLEBELLS			