

AEROBIC SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am – 7:30am				Mary Boot Camp	
8:45am – 9:45am	Diana Cardio Hi/Low Impact				Esme Cardio
12:30 – 1:30pm		Diana Cardio Sculpt		Marco Yoga	
5:30pm – 6:30pm	Nicole Boot Camp	Marco (5:45pm - 6:45pm) Yoga	Nicole XXX/Pump	Mary Stability Ball	
6:30pm – 7:30pm	Diana Hardcore Circuit Training		Diana Spin Class		

AEROBIC SCHEDULE – Effective May 2012

*Please note that this is a temporary schedule for May 2012. New classes will be added periodically depending upon popularity. Pls. see reception for details

Body Vision Fitness Inc.