





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING <i>Tammy</i>	5:30 AM Boot Camp <i>James</i>	5:30 AM SPINNING <i>Julia</i>	5:30 AM Boot Camp <i>James</i>	5:30 AM SPINNING <i>Julia</i>	8:00 AM Kickboxing <i>Julie</i>	8:30 AM SPINNING <i>Tammy</i>
8:30 AM <i>Donna</i> Abs Express	9:00 AM GROUP POWER <i>Wendy</i>	9:00 AM Tabata Burn <i>Julie</i>	9:00 AM Boot Camp <i>James</i>	9:00 AM GROUP POWER <i>Wendy</i>	8:15 AM SPINNING <i>Carrie</i>	9:30 AM GROUP POWER <i>Tammy</i>
9:00 AM <i>Donna</i> Pilates Sculpt	10:00 AM <i>Wendy</i> Abs Express	9:00 AM SPIN & Sculpt <i>Wendy</i>	10:00 AM <i>Donna</i> Barre Above Express	10:00 AM <i>Donna</i> Pilates	9:00 AM Vinyasa Yoga <i>Carrie</i>	
9:00 AM SPINNING <i>Wendy</i>	10:30 AM <i>Wendy</i> Silver Sneakers	10:00 AM Gentle Yoga <i>Donna</i>	10:30 AM <i>Donna</i> Silver Sneakers	11:00 AM <i>Wendy</i> Chair Yoga		
10:00 AM <i>Donna</i> Gentle Yoga	11:15 AM <i>Wendy</i> Silver Sneakers		11:15 AM <i>Donna</i> Silver Sneakers	5:30 PM <i>James</i> X - Training		
4:30 PM Kickboxing <i>Julie</i>	5:00 PM Total Body Burn <i>Dawn</i>	4:30 PM SPIN Express <i>Wendy</i>	4:30 PM Total Body Ball <i>Wendy</i>	 <p><u>Specialty Classes:</u></p> <p><i>Barre Above: Sun 5/5 @ 10:30 AM</i></p> <p><i>Zumba: Thurs 5/16 @ 5:30 PM</i></p> <p><i>STRONG by Zumba: Sun 5/19 @ 8:30 AM</i></p> <p><i>Barre Above: Sat 5/25 @ 10:00 AM</i></p>		
5:30 PM GROUP POWER <i>Julie</i>		5:00 PM Abs Express <i>Wendy</i>				
6:30 PM SPINNING <i>Julia</i>	5:30 PM SPINNING <i>Julie</i>	5:30 PM GROUP POWER <i>Laura</i>	5:30 PM SPINNING <i>Julie</i>			
6:30 PM Yoga-lates <i>Wendy</i>	6:30 PM Tabata Burn <i>Julie</i>	6:30 PM X Training <i>James</i>				
<p>360 Faunce Corner Road Dartmouth, MA Ph. 508-995-5600 www.TotalFitnessClubs.com</p>						