




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM NEW SPINNING <i>Julia</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>	7:00 AM Vinyasa Yoga <i>Carrie</i>	8:30 AM SPINNING <i>Tammy</i>
8:30 AM <i>Donna</i> Abs Express	9:00 AM GROUP POWER	9:00 AM <i>Julie</i> Tabata Burn	9:00 AM Boot Camp <i>James</i>	9:00 AM GROUP POWER	8:00 AM KICKBOXING <i>Julie</i>	9:30 AM GROUP POWER <i>Tammy</i>
9:00 AM <i>Donna</i> Pilates Sculpt	<i>Wendy</i>	9:00 AM <i>Wendy</i>		<i>Wendy</i>		
9:00 AM SPINNING <i>Wendy</i>	10:00 AM <i>Wendy</i> Abs Express	9:00 AM <i>Wendy</i> Spin & Sculpt	10:00 AM <i>Donna</i> Barre Above Express	10:00 AM <i>Donna</i> Pilates	8:15 AM SPINNING <i>Carrie</i>	
	10:30 AM <i>Wendy</i> Silver Sneakers	10:00 AM <i>Donna</i> Gentle Yoga	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	11:00 AM <i>Silver Sneakers</i> <i>Donna/Wendy</i>	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>			
5:30 PM GROUP POWER <i>Julie</i>		5:00 PM Abs Express <i>Wendy</i>				
5:30 PM NEW SPINNING <i>Laura</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>						



Specialty Classes:



Zumba: Sat 6/8 @ 10:00 AM
STRONG by Zumba Sun 6/9 & 6/23 @ 8:30 AM
Zumba: Thurs 6/13 @ 6:30m PM
Barre Above: Sat 6/15 @ 6/29 @ 10:00 AM
Kickboxing: Wed 6/19 & 6/26 @ 8:00 AM
SPIN Express: Fri 6/21 @ 8:30 AM (30 min)
SPIN Express: Fri 6/28 @ 10:00 AM (30 min)