

DANCE STOP FITNESS

2012 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM-10:15AM YOGA (INT.) LISA FLYNN	9AM-10:15AM YOGA (INT.) LISA FLYNN	9AM-10AM BARRE SCULPT KATHY CARROLL	9AM-10AM PILOXING JOANNA SMITH	9AM-10:15AM YOGA (INT.) LISA FLYNN	9AM-10AM BARRE SCULPT KATHY CARROL	10AM-11AM BARRE SCULPT STEPHANIE
		STARTS 2-8-12 ↓	10:15AM-11:15AM YOGA SCULPT JOANNA SMITH	11AM-12PM YOGA (BEG.) KATHY CARROLL	9:30-10:30AM ZUMBA KRISTI	
		9:30-10:30 ZUMBA DANNA				
10:30-11:30AM ZUMBA OMEGA	10-30-11:30AM ZUMBA KRISTI		10:30-11:30AM ZUMBA DANNA	10:30-11:30AM ZUMBA KRISTI		
11AM-12PM BARRE SCULPT KATHY CARROLL						
		5:15-6:15 BARRE SCULPT CHRISTY	4:00-5:00 YOGA (ALL LEVELS) KIMI			2PM-3PM ZUMBA OMEGA
6:30-7:30PM ZUMBA KRISTI	6:30-7:30PM ZUMBA OMEGA	6:30-7:30PM ZUMBA JEN	6:30-7:30PM ZUMBA KRISTI			

ZUMBA
\$5 PER CLASS
\$50 10CLASS CARD

YOGA
\$10 PER CLASS
\$80 10CLASS CARD

BARRE SCULPT
\$10 PER CLASS
\$80 10CLASS CARD

PILOXING
\$10 PER CLASS
\$80 10CLASS CARD