RIO RANCHO

JUNE 2008

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM							
7:30AM	**YogaStretch(7:45)**					**Power Yoga**	
	Melissa					Kyle	
8:15 AM							**Yoga 1**
							Chris
9:00 AM	**KickBox Int**	**Mid Mgmt**	**Mid Mgmt**	**Mid Mgmt**	**Yoga 1**	**Mid Mgmt**	
	Tom	Mona	Mona	Cindy	Dale	Mona	
9:15 AM		**TBC**	**Step Int**	**KickBox Int**		**Step 2**	**Pilates(9:40)**
	Yoga1(10:15)	Mona	Mona	Cindy		Mona	Donna
10:30 AM	Chris	**Low Impact**	**Pilates**	**Low Impact**	**Pilates 10:40**	**Fitkids**	
		Elena	Gina	Elena	Sarka	Kim	
11:00 AM						**Fitkids(11:05)**	
11:45 AM		**SlvrSnkrs I**	**SlvrSnkrs I**	**SlvrSnkrs I**		Kim	
12:00 PM	**SlvrSnkrs II**	Elena	DeeAnne	Elena	**SlvrSnkrs I**		
	Elena				Yuki		
1:00 PM	**Low Imp 1:15**		**SlvrSnkrs II**				
	Elena		Yuki				
4:30 PM	**Cardio Dance**	**PwerYoga4:15**	**TBC**	**TBC**	**Zumba(5:00)**		
	Kathy	Kyle	Kathy	Teresa	Kathy		
5:40 PM	**Step Int**	**Zumba**	**Step 2**	**Partner Yoga**			
	Moses	Kathy	Moses	Kyle			
6:45 PM	**PilatesFusion**	**Cardio Kick**	**Yoga I**	**Pilates (7:00)**	**Yoga 1**		
	Donna	Jammie	Chris	Kyle	Teri		
WATER CLASSES							
9:00 AM	**Aqua Fitness**	**Aqua Fitness**	**Aqua Fitness**	**Aqua Fitness**	**Aqua Fitness**	**Aqua Fitness**	
	Michelle C	Anna M	Michelle C	Anna M	Michelle C	TBD	
10:00AM	**Aqua Fitness**	**Aqua Fitness**	**Aqua Chall**	**Aqua Fitness**	**Aqua Fitness**		
	Michelle C	Carrie	Michelle C	Carrie C	Michelle C		
11:00AM	**Adapt Aqua**		**Adapt Aqua**				
	Angela K		Carrie C				
5:00 PM							
5:30 PM	**Aqua Fitness**	**Aqua Fitness**	**Aqua Chall**	**Aqua Fitness**	**Aqua Fitness**		
	Yuki	Kim	Yuki	Kim	Evalina		
6:00 PM							