

# ::: ATHLETIC CLUB ::: Aerobic Class Schedule :::

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6-7am</b> Spin Circuit FWJ	<b>6-7am</b> Spin Conditioning FWJ	<b>6-7am</b> Spin Circuit FWJ	<b>6-7am</b> Spin Conditioning FWJ	<b>6-7am</b> Spin Circuit FWJ		
	<b>7-8am</b> Spin Circuit FWJ		<b>7-8am</b> Spin Circuit FWJ			
<b>8:30-9:30am</b> Power Moves FWJ	<b>8:05-9:20am</b> Iyengar Yoga w/Robin	<b>8:30-9:30am</b> Power Moves FWJ		<b>8:30-9:30am</b> Power Moves FWJ	<b>9-10am</b> Power Pacing (Cycling) w/Janey FWJ	<b>8:30-9:30am</b> Low Impact Body Conditioning w/Cheryl FWJ
<b>10-11am</b> Breathing & Movements W/Phil		<b>10-11am</b> Breathing & Movements W/Geni		<b>10-11am</b> Breathing & Movements W/Geni	<b>10:15-11:15am</b> Body Conditioning Challenge w/Melinda	
<b>5:45-7pm</b> Stretching, Core & Yoga Alternates between (Robin & Phil)		<b>5-6:15pm</b> Iyengar Yoga w/Robin			<b>11:30-12:45pm</b> Iyengar Yoga w/Robin	
	<b>6-7pm</b> Power Pacing (Cycling) w/Janey FWJ					