

# Core Performance Class Schedule

## Fall 2017



Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am			Strength & Conditioning Debbie		Strength & Conditioning Surprise Debbie	Optional Circuits Debbie	
8:00 am							Circuits Mila
8:30 am			Low Impact Strength & Conditioning Debbie	Pilates Monica	Low Impact Strength & Conditioning Debbie	Pilates Monica	9am: Pilates Circuits Monica
4:30 pm		Basics Class Kim		Basics Class Mila			
5:00 pm							
5:30 pm		Strength & Condition/TRX Mila	Strength & Conditioning Kim	Pilates Monica	Circuits Kim		