

Five Points Washington A.M. Group Fitness Schedule (number indicates which studio)
 (revised 12/9/10) 309-444-8222

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM		<u>Power Abs</u> - Deb- (3)	<u>Power Abs</u> -Deb (3)			<u>Power Abs</u> - Deb(3)	
5:15AM		<u>BODYFLOW</u> - Michael (1) <u>Phyometrics</u> -Sonny (gym)	<u>BODYFLOW</u> - Michael (1) <u>Phyometrics</u> - Sonny (gym)				
5:30AM		<u>BODYPUMP</u> - Deb (3) <u>RPM</u> -Aimee (RPM Studio)	<u>BODYSTEP</u> - Karen (3) <u>RPM</u> -Mary (RPM Studio)	<u>BODYPUMP</u> - Deb (3) <u>RPM</u> - Mary (RPM Studio)	<u>BODYSTEP</u> - Karen(3) <u>RPM</u> -JB (RPM Studio)	<u>BODYPUMP</u> - Deb (3) <u>RPM</u> -JG (RPM Studio)	
6:30AM							<u>BODYPUMP</u> -Amy (1)
8:00AM			<u>Light-n-Low</u> -Teresa (1)		<u>Light-n-Low</u> -Teresa (1)		<u>BODYPUMP</u> -Joe (3) <u>Ultimate Fitness</u> -Ricco(track)
8:20AM		<u>Body Attack Challenge</u> - Joy (3)			<u>Body Attack Challenge</u> - Joy (3)		
8:35AM		<u>Power Abs</u> -Joy (3)		<u>Power Abs</u> -Joy (3)		<u>Power Abs</u> -Joy (3)	
8:45AM							<u>RPM</u> - JB (rpm studio)
9:00AM		<u>BODYSTEP</u> -Joy(3)	<u>Ultimate Fitness</u> -Ricco(Track)	<u>BODYCOMBAT</u> -Joy (3)	<u>Ultimate Fitness</u> -Ricco(Track)	<u>BODYSTEP</u> -Joy (3)	<u>Ultimate Fitness</u> -Ricco (Track)
9:10AM		<u>BODYVIVE</u> -Stephanie (1)		<u>BODYVIVE</u> -Stephanie (1)		<u>BODYVIVE</u> -Stephanie (1)	
9:15AM		<u>RPM</u> - JB (RPM Studio)	<u>BODYPUMP</u> -Joy (3) <u>Body and Soul</u> - Dawn (1)		<u>BODYPUMP</u> -Joy (3) <u>Body and Soul</u> -Dawn(1)		<u>BODYVIVE</u> -Jen W(3) <u>BODYFLOW Express</u> -Amanda(1)
10:00AM				<u>Ultimate Fitness Challenge</u> Ricco (Track)			
10:05 AM							
10:15 AM						<u>BODYFLOW</u> - Liz (1) (30 min class followed by yoga)	
10:30AM				<u>RPM</u> -Denise (RPM Studio)	<u>BODYFLOW Express</u> -Amanda(1)	<u>RPM</u> -Denise (RPM Studio)	<u>BODYATTACK</u> -Amy/Joy(3)
10:45AM						<u>Yoga</u> - Liz (1)	