

# Five Points Washington P.M. Group Fitness Schedule (number indicates which studio)

(revised 12/9/10) 309-444-8222

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00PM		<u>BODYPUMP</u> - Leiana (3)		<u>BODYPUMP</u> - Amanda(3)		<u>BODYPUMP</u> - Amanda (3)	
12:30PM							<i>Intro to BODYSTEP</i> - (1st Saturday of the month) (1)
1:00PM							<u>BODYSTEP</u> (1) Leiana
2:30PM	<u>BODYPUMP</u> -Lisa(3)						<u>BODYPUMP</u> -Lynn/Leiana(3)
3:45PM	<i>Intro to BODYPUMP</i> -Kim (1st Sun. of month)(3) <u>BODYVIVE</u> -Jen(1)						
4:00PM	<u>BODYPUMP</u> - Kim (3)						
4:15PM	<u>RPM</u> -JB (RPM studio)						
4:30PM		<u>BODYATTACK</u> -Vikki (3) <u>BODYFLOW</u> -Liz/Amanda (1)	<u>BODYPUMP</u> -Leiana (3)	<u>BODYSTEP</u> - Vikki (3) <u>BODYFLOW</u> - Leiana (1)	<u>BODYPUMP</u> -Kim (3)	<u>BODYCOMBAT</u> - Liz (3)	
5:00PM	<i>Intro to BODYFLOW</i> - Liz (1) (1st Sunday of Month)						
5:15PM	<u>BODYCOMBAT</u> - (3) <u>BODYFLOW</u> - Leiana (1)						
5:30PM		<u>RPM</u> - Amy (RPM)		<u>RPM(extended version)</u> - Amy(RPM)	<u>BODYVIVE</u> -Michael (1)		
5:45PM		<u>BODYPUMP</u> - Joe(3) <u>BODYSTEP</u> - Kalee (1)	<u>BODYCOMBAT</u> -Amy (3) <u>BODYFLOW</u> - Leiana (1)	<u>BODYPUMP</u> - Joe (3) <u>BODYCOMBAT</u> -Brooke(1)	<u>BODYATTACK</u> -Amy (3)	<u>BODYPUMP</u> -Lisa (1)	
6:00PM		<u>Ultimate Fitness</u> - Ricco(Track)			<u>Ultimate Fitness</u> - Rocco(Track) <u>RPM</u> -Aimee (RPM Studio)		
6:50PM		<u>Body and Soul</u> -Dawn (1)	<u>Power Abs</u> -Amy (3)		<u>Power Abs</u> -Amy (3)		
7:00PM			<u>Zumba</u> -Sonya (1)	<u>BODYFLOW</u> -Leslie (1)	<u>Zumba</u> -Sonya (1)		
7:15PM		<u>BODYPUMP</u> -Lynn (3)	<u>BODYVIVE</u> -Jen W (3)	<u>BODYPUMP</u> -Lynn (3)			
7:35PM		<u>BODYFLOW</u> -Dawn (1)					