

Open Gym Class Schedule

Sun Mar 7 – Sat Mar 13, 2010 (Mountain Time)

	Sunday 3/7	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12	Saturday 3/13
5am						Open Weigh In 5am - 5:15am	
6am			Fitness Challenge 5:30am - 6:30am		Fitness Challenge 5:30am - 6:30am		
7am					Pilates 6:30am - 7:30am		
8am							
9am		L'I Buddha Yoga 8:30am - 9:30am		L'I Buddha Yoga 8:30am - 9:30am		L'I Buddha Yoga 8:30am - 9:30am	Rowing Club 9am - 10am
10am	10 am Lil' Buddha Yoga (all kids) 10am - 11am						
11am	Yoga (Parents and Kids Under 3) 11am - 11:45am						
12pm							
1pm							
4pm							
5pm							
6pm		Open Weigh In 6pm - 6:15pm		Yoga 5:45pm - 7pm			