


# ANDERSONVILLE Group X Schedule Fall 2010 (Sept. 1<sup>st</sup>-Nov. 30<sup>th</sup>) updated 8/23/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Pilates Mat 6:30-7:30a Norris T.	Hot Bod 6:15-7:15 Deborah C.	Free Wheelin' 6:00-7:00a** Justine G.	Hot Bod 6:15-7:15am Matthew H.	Vinyasa Flow Yoga 6:15-7:30a Shauna B.		
			Yoga 6:30-7:30a Tomoko H.			Advanced Pilates Mat 8:30-9:30am Norris T.	
						Free Wheelin' 9:00-10:00a** Kathy L.	Non-Stop Cardio Kick Box 10:00-10:30a Melissa D.
Lunch	Pilates Mat 11:30-12:30p Paula N.	Vinyasa Flow Yoga 12:00-1:30p AJ D.	Pilates Mat 11:30a-12:30p Paula N.	Good Step 12:00-1:00p Greg S.	Yoga 12:00-1:30p Tomoko H.	Free Wheelin' 10:15-11:15a** Will be added late Fall!	Hardcore Abs 11:30-12:00p Jose T.
		Hard Core Abs 5:30-6:00p Heather R.			Free Wheelin' 12:30-1:30p** Heather R.	Hard Core Abs 10:30-11:00a Nicole T.	Hatha Yoga 12:00-1:00p Patricia H.
		Tread Train 6:00-6:30pm Heather R.				Hot Bod 11:00a-12:00p Nicole T.	Ashtanga Yoga 1:00-2:30p Patricia H.
PM	Hatha Yoga 5:30-6:30p Patricia H.	Cardio Blast 6:00-6:30p Rupert S.	Yoga 5:00-6:30p Bhakti W.	Hard Core Abs 5:30-6:00p Nicole T.	Hot Bod 5:30-6:30p Greg S.	Dance Jam 12:00-1:00p Jacqueline H.	Spin/Hills 4:00-5:00p** Heather R.
	Free Wheelin' 6:30-7:30p** Drew J.	Butts & Gutts 6:30-7:00p Rupert S.	Free Wheelin' 6:30-7:30p** Heather R.	Zumba! 6:00-7:00p Ellee C.	Yoga 6:30-8:00p Tomoko H.	Vinyasa Flow Yoga 1:00-2:15p Amy P.	
	Zumba! 6:30-7:30p Heather R.	Free Wheelin' 6:30-7:30p** Sarah R.	Good Step 6:30-7:30p Greg S.	Free Wheelin' 6:00-7:00p** Nicole T.			
Free Wheelin' 7:30-8:30p** Will be added late Fall!	Hot Bod 7:00-8:00p Rupert S.	Ashtanga Yoga 7:30-9:00p Maureen B.	Hot Bod 7:00-8:00p Nicole T.				Indicates Class Change!
Vinyasa Flow Yoga 7:30-9:00p Patricia H.							

\*Indicates 2<sup>nd</sup> floor studio class. Class reservation tickets available at the front desk up to 90 minutes prior to each class start time. View class substitutions and schedule updates at: [www.cheetahgym.com](http://www.cheetahgym.com)