

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	Hot Bod 6:30-7:30a Shannon N.	Free Wheelin' 6:00-7:00a** Donna P.	Free Wheelin' 6:15-7:15a** Bill E.		Hot Bod 6:30-7:30a Salma D.		Yoga Basics AJ D. 9:30-10:30a
		Vinyasa Flow 6:15-7:30a Devin B.	Hot Bod 6:30-7:30a Shannon N.	Vinyasa Flow 6:15-7:30a Devin B.		Free Wheelin' 9:15-10:15a** Melissa M.	Zumba! 10:30-11:15a Haley S.
		Pump It 9:30-10:30a Thomas D.			Pilates Mat 9:15-10:15a Steve M.	Cardio KB Circuit 9:30-10:30a Lisa H.	Hot Bod 11:15-12:00p Haley S.
						Hot Bod 10:30-11:30a Lisa H.	
<b>Lunch</b>	Vinyasa Flow Yoga 12:00-1:30p Rich G.	Pilates Mat 12:15-1:15p Lindsay S.	Bosu Interval 12:00-12:30p Josh R.		Ashtanga Yoga 12:00-1:30p Amy P.	Hardcore Abs 11:30-12:00p Lisa H.	Boxing 12:00-1:00p Josh R.
	Hardcore Abs 5:00-5:30p Salma D.	Bosu Interval 5:30-6:30p Tiffany C.	Hardcore Abs 12:30-1:00p Josh R.	Hot Bod 5:30-6:30p Josh R.	Recess! 5:30-6:15 Tiffany C.	Hatha Yoga 12:00-1:30p Lisa H.	
<b>PM</b>	Cardio KB Circuit 5:30-6:15p Salma D.	Hardcore Abs 6:30-7:00p Paul T.	Free Wheelin' 5:30-6:30p** Donna P.	Zumba! 6:30-7:30p Jenny T.	Gravity Interval 6:15-7:15p Tiffany C.	Jump & Pump 1:30-2:30p Lisa H.	Free Wheelin' 4:00-5:00p** Jonathan E.
	Hot Bod 6:15-7:00p Salma D.	Free Wheelin' 6:30-7:30p** Jonathan E.	Non-Stop Cardio Kick Box 5:30-6:00p Lillian V.	Free Wheelin' 6:30-7:30p** Bob L.	Boxing 7:15-8:15p Josh R.		Vinyasa Flow Yoga 5:00-6:30p Rich G.
	Free Wheelin' 6:30-7:30p** Jonathan E.		Hot Bod 6:00-7:00p Lillian V.	Upper Body Express 7:30-8:00p Melissa M.			
	Pilates Mat/Foam Roller 7:00-8:00p Salma D.	Pump It! 7:00-8:00p Paul T.	Ashtanga Yoga 7:00-8:30p Amy P.	Pilates Abs 8:00-8:30p Melissa M.	=	Indicates Class Change!	
	Vinyasa Flow Yoga 8:00-9:15p Silvita D.	Hatha Yoga 8:00-9:15p Bill M.					

Class reservation tickets available at the front desk up to go minutes prior to each class start time. \*Indicates additional fee.

\*\*Indicates 2<sup>nd</sup> floor studio class. View class substitutions and schedule updates at: [www.cheetahgym.com](http://www.cheetahgym.com)