

CrossTrain Fitness Exercise Class Schedule

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	5:30pm Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Gliding
9	10	11	12	13	14
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Soul Sweat
16	17	18	19	20	21
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Muscles in Motion
23	24	25	26	27	28
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Yogilates

April 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Gliding
6	7	8	9	10	11
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Soul Sweat
13	14	15	16	17	18
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Muscles in Motion
20	21	22	23	24	25
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates	8:15am Muscles in Motion	9:00am Yogilates
27	28	29	30		
8:15am Gliding 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30 Gliding 7:30pm Yogilates	8:15am Soul Sweat 6:30pm Soul Sweat 7:30pm Muscles in Motion	9:15am Yogilates 5:30pm Gliding 7:30pm Yogilates		

On Core “10” will be added to the GLIDING, SOUL SWEAT, and Fridays MUSCLES IN MOTION classes