

RWJ Rahway, Oct, 2017

	STUDIO 1	STUDIO 2	CYCLE	AQUA		STUDIO 1	STUDIO 2	CYCLE	AQUA	
Monday	5:30 - 6:30 Bootcamp Steve				Tuesday	5:30-6:30 HIIT Marcia			5:30-6:30 Master Swim (L)	
	9:30 - 10:30 Athletic Step Janice	9:00 - 10:00 Cardio Lite Lillian				9:15-10:00 STRONG Debbie/Lucia	8:30 - 9:30 Yogalates Nuntya	9:30-10:30 Cycle Marijo		
	10:30 - 11:30 LES MILLS BODYPUMP Joe	10:00 - 11:00 Arthritis Exercise Laura Vagie	9:30 - 10:30 Cycle Megan	9:00 - 10:00 H2O Blast (L) Paula		10:00 - 11:00 Lite Splash (T) Paula	10:00 - 10:30 LES MILLS EXWORX Debbie			9:00 - 10:00 H2O Blast (L) Joan
	11:30-12:30 Zumba Gold Suzannah					10:30 - 11:30 Get Active Suzannah	10:30-11:30 Chair Yoga Nuntya			10:00 - 11:00 Lite Splash (T) Joan
	4:30 - 5:00 LES MILLS EXWORX Elisa									
	5:00 - 6:00 BODYCOMBAT Chris	5:00 - 6:00 Vinyasa Yoga Nuntya	5:30 - 6:00 HIIT ( CYCLE ) Elisa	1:00 - 4:30 Physical ( T )		4:00 - 5:00 Nia Lori Lynn				5:15 - 6:00 (L) Aqua Fusion Joan
	6:00 - 7:00 LES MILLS BODYPUMP Matt	6:00 - 7:00 Wilpower Tara				5:00-6:00 Zumba Gold Sari				6:00 - 7:00 Aqua Pilates (T) Barbara
	7:00-7:45 ZUMBA Lucia/Debbie					6:00-7:00 X-Treme Sculpt Suzannah	6:00 - 7:00 Pilates Mat Nuntya			
	7:45-8:15 PUMP 8:15-8:45 ATTACK Reeshemah	7:00 - 8:00 Pilates Mat Kathy	6:30 - 7:30 Cycle Marijo	5:00-7:00 Swim Team (L)		7:00-7:30 PUMP 7:30-8:00 ATTACK Lauren		7:30-8:30 Power & Pedal Marcia		6:00-7:00 Competitive Stroke (L)
		8:15 - 9:15 Vinyasa Yoga Rosalee				8:00-9:00 Dance Factory Jen				
Wednesday	STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA		
	5:30-6:30 H.E.A.T. Steve	5:30-6:30 Hatha Yoga Leah	5:30 - 6:30 Cycle Marijo/Megan		5:45 - 6:45 LES MILLS BODYPUMP Jodi	5:30-6:30 Grit/Met Con 30 Lance				
	8:30 - 9:30 Bootcamp Renee	9:00 - 10:30 Vinyasa Yoga Michelle	9:30 - 10:30 Cycle Lance		8:45 - 9:15 GRIT Joe	8:00-8:45 Chair Fitness Stephanie		9:00-10:00 H2O Blast (L) Stephanie		
	9:30 - 10:30 ZUMBA Lucia	10:30 - 11:00 Stretch Deb/ Lucia		9:30 - 10:30 Aqua Mix (L) Matt	9:25 - 10:25am LES MILLS BODYPUMP Joe	9:30-10:30 BODYCOMBAT Katie		10:00-10:30 (L) ZUMBA Debbie		
	10:30 - 11:30 Cardio Lite Jenny	11:00-11:30 Pilates Barre Deb/Lucia		10:30 - 11:30 Arthritis Aqua Matt	10:30-11:00 Foam Roller Stretch w/ Ed			10:30 - 11:30 Aqua Pilates (T) Laura		
	11:45 - 12:15 Heavy Bag Debbie	12:00-1:00 Tai Chi Arthritis Laura			11:05-12:05 Get Active Lillian	10:30 - 11:30 Pilates Mat Kathy		11:30-12:30 Healthy Backs (T) Laura		
	4:30 - 5:30 LES MILLS BODYPUMP Lauren	4:00-5:00 Yoga Lite Rosalee		1:00 - 4:30 Physical ( T )	4:30-5:30 Stability Ball Mix Linda	1:00-2:00 Arthritis Exercise Laura				
	5:30 - 6:30 BODYCOMBAT Stephanie	5:30-6:30 Dance & Beats Jenna	5:00-6:00 CYCLE Lance		5:30-6:30 ZUMBA Debbie	5:30 - 6:30 PIYO Chris		1:00 - 4:30 Physical Therapy ( T )		
	6:30 - 7:00 GRIT Chris	6:30-7:30 Pilates Barre Debbie		5:00-7:00 Swim Team (L)	6:30-7:30 P90X Ed		6:00-7:00pm CYCLE Megan			
	7:00 - 7:30 LES MILLS EXWORX Chris	7:30-8:30 Power Yoqa Sharon			7:30 - 8:30 LES MILLS BODYPUMP Matt	7:30 - 8:30 Bollywood Leanne		5:00-7:00 Swim Team (L)		
Friday	STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA		
	5:30-6:30 Bootcamp Steve					8:30 - 9:15 Wilpower Tara	8:00-9:00 Cycle Marcia	7:00-8:00 Master Swim (L)		
	8:45 - 9:30 X-Treme Sculpt Jenny	8:30 - 9:30 Chair Yoga Janna			7:45 - 8:45 PUMP/ATTACK Lauren	9:15 - 10:00 Pilates Mat Tara	9:15 - 10:15 Cycle Tom	8:00-9:00 Swim Team (L)		
	9:30 - 10:30 LES MILLS BODYCOMBAT Joe	9:30 - 10:30 Vinyasa Yoga Nuntya	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 H2O Blast (L) Paula	8:45 - 9:45 Athletic Step Alicia	10:00 - 11:00 Power Yoga Rosalee		9:00 - 10:00 H2O Blast (L) Cathy		
	10:30 - 11:30 Yogalates Chara	10:30 - 11:30 Arthritis Exercise Nuntya		10:30 - 11:30 Lite Splash (T) Paula	9:45 - 10:30 ZUMBA Jenna			10:00-11:00 Lite Splash (T) Lisa		
					10:30 - 11:30 LES MILLS BODYPUMP Reeshemah	11:30-12:00 Foam Roller Stretch w/ Ed		10:00-11:00 Competitive Stroke (L)		
	11:30-12:30 Line Dancing Sari				11:30 - 12:30 Dance Fusion Leanne	12:30-1:00 Heavy Bag Ed				
	12:30 - 1:30 Latin Soul Greta				8:00 - 9:00 LES MILLS BODYPUMP Matt	8:00 - 9:00 Hatha Yoga Sharon				
					9:15 - 10:15 ZUMBA Lucia/Debbie	9:00-10:00 Dance Factory Greta	8:15 - 9:15 Cycle Stanley	10:00 - 10:30 Parent & Me ( T )		
		5:00-6:00 ZUMBA Jenna		5:00-7:00 Swim Team (L)	10:15 - 11:15 LES MILLS BODYCOMBAT Natalie	10:00-10:30 Stretch Greta	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 Aqua Mix (L) Lori		
Saturday					STUDIO 1	STUDIO 2	CYCLE	AQUA		
					7:45 - 8:45 PUMP/ATTACK Lauren	8:30 - 9:15 Wilpower Tara	8:00-9:00 Cycle Marcia	7:00-8:00 Master Swim (L)		
					8:45 - 9:45 Athletic Step Alicia	9:15 - 10:00 Pilates Mat Tara	9:15 - 10:15 Cycle Tom	8:00-9:00 Swim Team (L)		
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					8:00 - 9:00 LES MILLS BODYPUMP Matt	8:00 - 9:00 Hatha Yoga Sharon				
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		6:00 - 7:00 Hatha Yoga Sharon				10:30 - 11:30 Yogalates Sharon				
Sunday										

New Class

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