

# Xtreme Class Schedule

|       | Sunday<br>3/7/10                   | Monday<br>3/8/10                                | Tuesday<br>3/9/10                  | Wednesday<br>3/10/10              | Thursday<br>3/11/10                             | Friday<br>3/12/10 | Saturday<br>3/13/10                |
|-------|------------------------------------|---|------------------------------------|-----------------------------------|---|-------------------|------------------------------------|
| 6:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 7:00  |                                    | Total body conditioning<br>w/ Barb. 7:00 - 7:45 |                                    |                                   | Total body conditioning<br>w/ Barb. 7:00 - 7:45 |                   |                                    |
| 8:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 9:00  |                                    | Mat Pilates w/Kiara<br>9:00- 10:00              | Stretch w/ Melissa<br>9:00 to 9:45 |                                   | Stretch w/ Melissa<br>9:00 to 9:45              |                   |                                    |
| 10:00 | Fitness by Self<br>Defense @ 10:00 |   |                                    |                                   |   |                   | Child Sit 10-12                    |
| 11:00 |                                    |   |                                    |                                   |   |                   | Mat Pilates w/Kiara<br>10:00-10:50 |
| 12:00 |                                    |   |                                    |                                   |   |                   | Zumba w/<br>Becky @ 11-11:50       |
| 1:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 2:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 3:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 4:00  |                                    | Total body conditioning<br>w/ Barb. 4:00-5:00   | Zumba w/<br>Becky @ 4 to 5         |                                   |   |                   |                                    |
| 5:00  |                                    |   |                                    |                                   |   |                   |                                    |
| 6:00  |                                    |   |                                    | Fitness by Self<br>Defense @ 6:00 | Total body conditioning<br>w/ Barb. 6:00-6:45   |                   |                                    |
| 7:00  |                                    |   |                                    |                                   | Mat Pilates w/Kiara<br>7:00- 8:00               |                   |                                    |
| 8:00  |                                    |   |                                    |                                   |   |                   |                                    |

Child sitting 8:30 to 10:00. Subject to availability.

Child sitting from 3:30 to 5:00 Mon. thru Fri. (Reservation may be required)