



GolfLinks Group Fitness Schedule

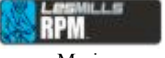
STUDIO A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:30am	 LYNNE	 Nubia	 Elizabeth	 Mary	 Guille	 Stephan	
9:30am							TURBO KICK Daisha
9:40am	 Adrian	 Carol	 Mari	 Carol	 Mari	 Heidi/Cat	
10:30am							 Elizabeth
10:40am						 Maggie	
5:30pm	 Guille	 Michelle	 PILATES Shay	 Harmony			
6:30pm		 Heidi/Julie	 Mary				
6:40pm				 Holly			



GolfLinks Group Fitness Schedule

STUDIO C

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:30am						 Amanda	
9:00am							 Mari
5:30pm			 Nancy				
6:00pm	 Jeanne	 Amanda		 Mari			