



Group Fitness Schedule

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Effective August 31, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am Yoga All Levels Mary	8 – 9 am Yoga All Levels Mary	8 - 9 am Yoga All Levels Mary	8 - 9 am Yoga All Levels Mary			
9-9:30am Abs Brianna		9-9:30am Abs Brianna		9-9:30am Abs Brianna		
9:30-10:30am Body Sculpt Brianna	9-10 am Bootcamp Joe		9-10 am Cardio Box Paula	9:30-10:30am Body Sculpt Brianna	9-10 am Circuit Training Maria M.	9-10 am Pilates Stretch Maria S.
10:30–11:30 Silver Sneakers I Nadine	10-11 am Pilates Maria M.	10-11 am Silver Sneakers 1 Ada	10-11 am Silver Sneakers 1 Paula	10–11 am Silver Sneakers I Nadine	10–11 am Power Pilates Brianna	10-11 am Fitness Pilates Brianna
	11-12 am Silver Sneakers 1 Paula	11-12 am Silver Sneakers 2 Paula	11-12 am Pilates Maria M.	11:30 am Silver Sneakers 2 Paula	11-11:30am Abs Brianna	
					12-1:30 Yoga All Levels Mary	
Evening						
5:30 pm Body Sculpt Maria M.	5:30 pm Power Pilates Brianna	5:30 pm Body Sculpt Nadine	5:30 pm Power Pilates Brianna	5:30 pm Cardio Kickboxing Nadine		
6:30 pm Kickboxing Abs Nadine	6:30-7 pm Hard Core Abs Brianna	6:30 pm Bootcamp Abs Nadine	6:30-7 pm Hard Core Abs Brianna			
7:30 pm Hip Hop Josh	7:00 pm Zumba Maria S.	7:30 pm Hip Hop Josh	7 pm Zumba Maria S.			

www.Level5Fitness.com

Club Hours

Mon – Thursday: 5:00 am - 11:00 pm

Friday: 5:00 am - 10:00 pm

Sat – Sunday: 7:00 am- 8:00 pm

Nursery Hours

Mon – Friday: 8:30 am - 12:00 pm

Mon-Thursday: 4:00 pm - 8:00 pm

Friday: 5pm-7pm

Sat – Sunday: 8:30 am - 12:00 pm