



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ST. AUGUSTINE SCHEDULE

CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bill 6:00-7:00am		Bill 6:00-7:00am		Bill 6:00-7:00am	
Dee 9:30-10:30am	Heidi 9:30-10:30am	Dee 9:30-10:30am	Melody 9:30-10:30am	Dee 9:15-10:15am	Beth 9:30-10:30am
Beth 5:30-6:30pm	Eddy 6:00-7:00pm	Lori 5:30-6:30pm	Hannah 5:30-6:30pm		



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ST. AUGUSTINE SCHEDULE

GROUP EXERCISE ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BODY PUMP Dee 6:00-6:55am		BODY PUMP Dee 6:00-6:55am		
Multi-Level Yoga Kristen 8:30-9:25am	Sculpt & Tone Melody 8:30-9:30am	Multi-Level Yoga Danielle 8:30-9:25am	Body Pump Heidi 8:30-9:25am	Multi-Level Yoga Danielle 8:30-9:25am	BODY PUMP Doris 8:30-9:25am
BODY PUMP Doris 9:30-10:25am	Pilates Meghan 9:30-10:25am	ZUMBA Kelly 9:30-10:25am	Pilates Meghan 9:30-10:25am	Cardio Sculpt Melody 9:30-10:25am	ZUMBA Heidi 9:30-10:25am
ZUMBA Heidi 10:30-11:25am	AOA Heidi 10:30-11:25am	Sculpt & Tone Heidi 10:30-11:25am	AOA Heidi 10:30-11:25am	Body Pump Dee 10:30-11:25am	Fitness Yoga Sunshine 10:30-11:25am
Gentle Yoga Meghan 11:30am- 12:25pm	ZUMBA Kelly 11:30am- 12:30pm	Gentle Yoga Meghan 11:30am- 12:25pm	ZUMBA Kelly 11:30am- 12:30pm	Multi-Level Yoga Meghan 11:30am- 12:25pm	
SILVER SNEAKERS@ Dick 12:30-1:30pm		SILVER SNEAKERS@ Dick 12:30-1:30pm		SILVER SNEAKERS@ Kathleen 12:30-1:30pm	
Tai Chi Wanda 3:30-4:25pm			Tai Chi Wanda 3:30-4:25pm		
Kids ZUMBA Heidi 4:45-5:15pm	Super Kids Brandy 4:45-5:15pm		Super Kids Brandy 4:45-5:15pm		
Body pump Heidi 5:30-6:30pm	Circuit Training Brandy 5:30-6:30pm	ZUMBA Stephanie 5:30-6:25pm	Multi-Fit Beth 5:30-6:30pm		
Cardio Sculpt Melody 6:30-7:30pm	Gentle Yoga Anne 6:30-7:30pm	Circuit Training Brandy 6:30-7:30pm	Multi-Level Yoga Anne 6:30-7:30pm		