

STUDIO ENERGY SCHEDULE - CHESAPEAKE SQUARE



NOV.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	P90X 5:10am - Brian		P90X 5:10am - Brian		INSANITY 5:10am - Brian		
		BODYPUMP 6:00am - Jackie		BODYPUMP 6:00am - Jessie	BODYPUMP EXPRESS 6:00am - Des (40min)		
					CXWORX 6:40am - Des	MIXXEDFIT 8:00am - Ron/ Karen	
	HIIT (TNT) 9:00am- Lee (30 min)	ZUMBA 9:00am - Donnise	INSANITY 9:00am - Jen (30min)		BODYSTEP 9:00am - Katie(30min)	BODYSTEP 9:05am -Morgan/Katie	BODYPUMP 9:05am - Desiree/Paula
	BODYPUMP 9:35am - Jude		BODYPUMP 9:35am - Jude	HIIT (TNT) 9:15am - Lee	BODYPUMP 9:35am - Jude		CXWORX 10:10am - Jessie (30min)
		APEX 10:15am - Jen/Lee		ZUMBA 10:15am - Karla	ZUMBA 10:40am- Amanda/Karla	HIIT (TNT) 10:15am Pernell	INSANITY 10:45am - Jen
PM		P90X 4:00pm - Jen/Susan		BOOTCAMP 4:15pm - Carl		BODYPUMP 11:20am - Pernell	
	BODYPUMP 4:40pm - Donnise		BODYPUMP 4:40pm - Meghan				
		STEP 5:00pm- Ron S.		BODYSTEP 5:30pm -Morgan/Katie			
	BEACHBODY FITNESS (Featuring Insanity&P90x) 5:45pm (75min) - James	BODYPUMP 6:05pm - Jessie	CYCLE CIRCUIT 6:00pm - Pernell		BEACHBODY FITNESS (Featuring Insanity&P90X) 6:00pm (75mins) - Jen		
			COMMIT DANCE 6:45pm - Meranda	BODYCOMBAT 6:35pm - Desiree			
	BODYPUMP 7:10pm - Pernell	MIXXEDFIT 7:10pm- Ron M.					

CYCLE STUDIO NOV.

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM		CYCLE 5:10am Veanessa		CYCLE 5:10am Veanessa Lee			
	RPM 6:00am Robert		CYCLE 6:00am Robert				
	CYCLE 9:30am Lee	RPM 9:15am Jude		CYCLE 9:30am Jen		CYCLE 9:10am Pernell	
PM				CYCLE 5:10pm Pernell			CYCLE 4:00pm Pernell
			CYCLE CIRCUIT 5:30pm (30min) Pernell				
	CYCLE 6:00pm Pernell	RPM 6:00pm Lisa W.		CYCLE 6:00pm Pernell			

MIND/BODY STUDIO NOV.

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM	VINYASA 6:00am Cristina		BODYFLOW 6:00am Amanda				
					BARREONE 9:05am Leslie	VINYASA 9:10am Jaye	BARRE 9:35am Kristy (30 min)
PM	VINYASA 9:15am Jaye	BARRE 9:35am Kristy (30 min)	VINYASA 9:15am Jaye	BARRE 10:00am Kristy (30 min)		BODY- COMBAT 10:20am- Meghan Carley	BODY FLOW 10:10am Paula
	PIYO 10:40am Susan	POWER YOGA 10:15am Jessica		BODYFLOW 10:30am Amanda	VINYASA 10:05am Jaye	MIXXEDFIT 11:30am Jillian/ Mona	
		ZUMBA 4:15pm Lety		ZUMBA 4:15pm Lety			
	CARDIO KICK BOXING 5:20pm Kenn	VINYASA 5:15pm Jaye	CXWORX 5:50pm Des (30min)	VINYASA 5:10pm Jaye			
	VINYASA 6:30pm Jaye	BARRE 6:40pm Shirley	VINYASA 6:30pm Jaye	MIXXEDFIT 6:45pm Jillian			

Please do not hold a bike by putting a towel or water bottle on it. You must be on the bike, otherwise the bike is considered open.