

BUCKTOWN Group X Schedule SPRING/SUMMER (APRIL 1st - AUGUST 31st) updated 6/1/10

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|--|--|---|---|--|--|--|
| AM | Hot Bod 6:30-7:30a Shannon N. | Free Wheelin' 6:00-7:00a** Donna P. | Free Wheelin' 6:15-7:15a** Bill E. | | Hot Bod 6:30-7:30a Salma D. | Practical Self-Defense 8:30-9:30am Tim C. Begins 6/19 runs thru 8/13 No class 7/3 | Yoga Basics AJ D. 9:30-10:30a |
| | | Vinyasa Flow 6:15-7:30a Devin B. | Hot Bod 6:30-7:30a Shannon N. | Vinyasa Flow 6:15-7:30a Devin B. | | Free Wheelin' 9:15-10:15a** Melissa M. | Zumba! 10:30-11:15a Haley s. |
| | | Pump It 9:30-10:30a Thomas D. | | | Pilates Mat 9:15-10:15a Steve M. | Cardio KB Circuit 9:30-10:30a Lisa H. | Hot Bod 11:15-12:00p Haley S. |
| Lunch | | | | | | Hot Bod 10:30-11:30a Lisa H. | |
| | Vinyasa Flow Yoga 12:00-1:30p Rich Gonshak | Pilates Mat 12:15-1:15p Lindsay S. | Bosu Interval 12:00-12:30p Josh R. | | Ashtanga Yoga 12:00-1:30p Amy P. | Hardcore Abs 11:30-12:00p Lisa H. | Boxing 12:00-1:00p Josh R. |
| PM | Hardcore Abs 5:00-5:30p Salma D. | Bosu Interval 5:30-6:30p Tiffany C. | Hardcore Abs 12:30-1:00p Josh R. | Hot Bod 5:30-6:30p Josh R. | Recess! 5:30-6:15 Tiffany C. | Hatha Yoga 12:00-1:30p Lisa H. | |
| | Cardio KB Circuit 5:30-6:15p Salma D. | Hardcore Abs 6:30-7:00p Paul T. | Free Wheelin' 5:30-6:30p** Donna P. | Pilates Mat 6:30-7:30p Lisa H. | Gravity Interval 6:15-7:15p Tiffany C. | Hot Bod 1:30-2:30p Lisa H. | Free Wheelin' 4:00-5:00p** Jonathan E. |
| | Hot Bod 6:15-7:00p Salma D. | Free Wheelin' 6:30-7:30p** Jonathan E. | Non-Stop Cardio Kick Box 5:30-6:00p Lillian V. | Free Wheelin' 6:30-7:30p** Bob L. | Boxing 7:15-8:15p Josh R. | | Vinyasa Flow Yoga 5:00-6:30p Rich G. |
| | Free Wheelin' 6:30-7:30p** Jonathan E. | | Hot Bod 6:00-7:00p Lillian V. | Pump It! 7:30-8:30p Lisa H. | | | |
| | Pilates Mat/Foam Roller 7:00-8:00p Salma D. | Pump It! 7:00-8:00p Paul T. | Ashtanga Yoga 7:00-8:30p Amy P. | | = | Indicates Class Change! | |
| | Vinyasa Flow Yoga 8:00-9:15p Silvita D. | Hatha Yoga 8:00-9:15p Bill M. | | | | | |
| | | | | | | | |

Class reservation tickets available at the front desk up to 90 minutes prior to each class start time. *Indicates additional fee.

**Indicates 2nd floor studio class. View class substitutions and schedule updates at: www.cheetahgym.com