

GROUP EX SCHEDULE

SUMMER 2010 EFFECTIVE AUGUST 26TH, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7 am * BALANCE CORE CHALLENGE with Lori 300+ CAL	5:45 - 6:30 am * BOOT CAMP with Lori 600-800+ CAL	6:30 - 7 am * CORE STRENGTHENING with Lori 300+ CAL	7 - 8 am * TOTAL BODY ENERGIZER with Marysia 600-800 CAL	5:45 - 6:30 am * BOOT CAMP with Lori 600-800 CAL	9:45 - 10:30 am * HIGH CLASS III with Garth 600-800 CAL	10 - 10:50 am * STEP II with Garry 600-800 CAL
7 - 8 am * CARDIO KICK with Lori 600-800+ CAL	6:30 - 7:00 am * CORE & MORE with Lori 300+ CAL	7 - 8 am * BOOT CAMP CHALLENGE with Lori 600-800+ CAL	11:30 am - 12:15 pm * MILITARY DRILL III with Anna 600-800 CAL	6:30 - 7 am * CORE STRENGTHENING with Lori 300+ CAL	10:45 - 11:30 am * CORE STRENGTHING with Garth 300+ CAL	10:50 - 11:50 am * BODY SCULPT with Garry 400-600 CAL
11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Ann Marie 300+ CAL	7 - 8 am * POWER YOGA with Lori 300+ CAL	11 - 11:30 am * POWER WORKOUT with Anna 400-600 CAL	12:15 - 1 pm * BOSU SCULPT with Rob 400-600 CAL	7 - 8 am * POWER SCULPT with Lori 400-600 CAL		11 am - 12:30 pm * HATHA YOGA II with Ian 400-600 CAL
11:30 am - 12:15 pm * POWER STEP III with Anna 600-800 CAL	11:30 am - 12:15 pm * STEP & GLIDE with Jeff 600-800+ CAL	11 - 11:30 am * DEEP STRETCH with Rob 300+ CAL	12:15 - 1 pm * BODY SCULPT with Garry 400-600 CAL	7:15 - 8:15 am * OPEN KARATE		
12 - 1 pm * POWER YOGA with Lori 300+ CAL	11:45 am - 12:45 pm * YOGA/CORE FUSION with Andrea 300+ CAL	11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Anna 300+ CAL	1 - 1:45 pm * CARDIO PARTY II with Garth 600-800 CAL	11:15 am - 12 pm * DEEP STRETCH with Jorhdin 300+ CAL		
12:15 - 1 pm * TOTAL BODY CONDITIONING with Ann Marie 400-600 CAL	12:15 - 1 pm * ZUMBA with Jeff 400-600+ CAL	11:30 am - 12:15 pm * TOTAL BODY CONDITIONING with Ann Marie 400-600 CAL	1 - 1:45 pm * CORE STRENGTHENING with Lori 400-600 CAL	11:30 am - 12:15 pm * TWIN STEP III with Anna 600-800 CAL		
1 - 1:45 pm * ZUMBA® with Dione 400-600+ CAL	12:45 - 1:30 pm * CORE STRENGTHENING with Ann Marie 400-600 CAL	12 - 12:45 pm * PILATES II with Tracy 300+ CAL	1:45 - 2:45 pm * POWER YOGA with Lori 300+ CAL	12 - 12:45 pm * BODY SCULPT with Rob 400-600 CAL		
1 - 2 pm * HATHA YOGA III with Ian 300+ CAL	1:00 - 1:45 pm * BOSU SCULPT with Bob 400-600 CAL	12:15 - 1 pm * BRAZILIAN BUTT LIFT with Ann Marie 400-600 CAL	5:30 - 6 pm * CARDIO QUICKIE with Claire 400-600+ CAL	12:15 - 1 pm * MILITARY STEP III with Anna 600-800 CAL		
5:10 - 5:30 pm * ULTIMATE ABS with Dexter 300+ CAL	1:30 - 2:15 pm * DEEP STRETCH with Ann Marie 300+ CAL	12:45 - 1:45 pm * HATHA YOGA I with Ian 300+ CAL	5:30 - 6:30 pm * DEEP STRETCH with Renata 300+ CAL	12:45 - 1:45 pm * HATHA YOGA I with Kim 300 CAL		
5:30 - 6:30 pm * YOGA FUSION with Robert 300+ CAL	1:45 - 2:30 pm * HI IMPACT CIRCUIT III with Anna 600-800 CAL	1 - 1:45 pm * CARDIO EDGE with Rob 600-800 CAL	6:15 - 6:45 pm * FLAT ABS with Claire 300+ CAL	1 - 1:45 pm * CARDIO EDGE with Rob 400-600+ CAL		
5:30 - 6:30 pm * BOXING with Dexter 800-1000 CAL	4:45 - 5:30 pm * CARDIO SCULPT with Lori 600-800 CAL	1:45 - 2:00 pm * AB ATTACK with Rob 200+ CAL	6:30 - 8 pm * ASHTANGA YOGA II with Ian 400-600 CAL	1:45 - 2:45 pm * HATHA YOGA II with Kim 300+ CAL		
6:30 - 7:30 pm * SWEAT & TONE with Garth 600-800+ CAL	5:10 - 5:30 pm * FLAT ABS with Claire 300+ CAL	4:45 - 6 pm * POWER YOGA with Lori 400-600 CAL	6:45 - 7:30 pm * BODY SCULPT with Claire 400-600 CAL	5:15 - 6 pm * LET'S DANCE! with Rob 400-600 CAL		
	5:30 - 6:15 pm * BUNS & LEGS OF STEEL with Lori 400-600 CAL	5:30 - 6:30 pm * FREESTYLE KICKBOXING with Dexter 800-1000 CAL	8 - 8:45 pm * MEDITATION with Gillian			
	5:30 - 6:15 pm * NIA with Jennifer 300+ CAL					
	6:30 - 8 pm * HATHA YOGA II with Ian 400-600 CAL					

STUDIO GUIDE:

- * Original Studio
- ✦ Yoga Studio
- ✦ Online sign up required - adelaideclub.com
contact patsy@adelaideclub.com for access

LEVELS OF INTENSITY:

- Level I - gentle, beginners
- Level II - moderate, intermediate
- Level III - vigorous, advanced
- No Level Indication - appropriate for all levels

TO RECEIVE REGULAR GROUP EX UPDATES:

email patsy@adelaideclub.com
subject: add to group mail

CLASS DESCRIPTIONS:

Visit adelaideclub.com



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