

## SEPTEMBER 2010 - GCC GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
			1	2	3		4	5
4:45am				SPIN-KW				
5:00am					<b>BODYSHOCK BOOTCAMP</b>	7:30am	BODYFLOW -JB	
5:00am			BODYPUMP - MA		BODYPUMP-JP	8:00am	SPIN-PC	
8:15am			BODYPUMP-TG	STEP CIRCUIT-TG	BODYPUMP-MA	8:30am	BODYCOMBAT-KK	2:30PM - SPIN-TG
9:30am			SPIN - TG		ZUMBA - TH	9:30am	BODYPUMP-NM	3:30PM-BODYFLOW KD
9:30am					<b>BODYSHOCK BOOTCAMP</b>			
12:00pm			BODYPUMP-LG	BODYFLOW - SB	BODYPUMP-TE	10:30am	ZUMBA-YB	
3:45pm				BODYPUMP-SB		11:30am	YOGA-TAMRYN (LET ME KNOW HOW THIS WORKS)	
4:30pm				<b>BODYSHOCK BOOTCAMP</b>				
4:30pm			BODYPUMP-DW	SPIN - DW	BODYPUMP-LA			
5:30pm			BODYFLOW-JP	BODYPUMP-KD	STEP CIRCUIT -LG			
5:30pm				<b>5:45-BODYSHOCK BOOTCAMP</b>				
6:30pm			SPIN - NM	SPIN-KD				
6:30pm			STEP CIRCUIT - JP	BODYCOMBAT-MA				
6:30pm			<b>BODYSHOCK BOOTCAMP</b>					
7:40pm			ZUMBA-YB					
	6	7	8	9	10		11	12
4:45am		SPIN-KW		SPIN-KW				
5:00am					<b>BODYSHOCK BOOTCAMP</b>	7:30am	BODYFLOW -KD	
5:00am			BODYPUMP - MA		BODYPUMP-JP	8:00am	SPIN-PC	
8:15am		BODYFLOW/CORE FIT -SB	BODYPUMP-TG	STEP CIRCUIT-TG	BODYPUMP-MA	8:30am	BODYCOMBAT-KK	2:30PM - SPIN-KD
9:30am			SPIN - TG		ZUMBA - TH	9:30am	BODYPUMP-NM	3:30PM-BODYFLOW KD
9:30am	<b>GCC closed for Memorial Day</b>	<b>BODYSHOCK BOOTCAMP</b>			<b>BODYSHOCK BOOTCAMP</b>			
12:00pm			BODYPUMP-LG	BODYFLOW - SB	BODYPUMP-TE	10:30am	ZUMBA-YB	
3:45pm				BODYPUMP-SB		11:30am	YOGA-TAMRYN (LET ME KNOW HOW THIS WORKS)	
4:30pm		<b>BODYSHOCK BOOTCAMP</b>		<b>BODYSHOCK BOOTCAMP</b>				
4:30pm		BODYFLOW-LS	BODYPUMP-DW	SPIN - DW	BODYPUMP-DW			
5:30pm		BODYCOMBAT-SB	BODYFLOW-JP	BODYPUMP-KD	STEP CIRCUIT -TG			
5:30pm		SPIN-KD						
5:30pm				<b>5:45-BODYSHOCK BOOTCAMP</b>				
6:30pm		SPIN -NM	SPIN - NM	SPIN-KD				
6:30pm		KICKBOXING-HL	STEP CIRCUIT - JP	BODYCOMBAT-MA				
6:30pm		<b>6:45pm - BODYSHOCK BOOTCAMP</b>	<b>BODYSHOCK BOOTCAMP</b>					
7:40pm			ZUMBA-YB					
	13	14	15	16	17		18	19
4:45am		SPIN-KW		SPIN-KW				
5:00am	<b>BODYSHOCK BOOTCAMP</b>				<b>BODYSHOCK BOOTCAMP</b>	7:30am	BODYFLOW -JB	
5:00am	BODYPUMP-SH		BODYPUMP - MA		BODYPUMP-JP	8:00am	SPIN-PC	
8:15am	BODYPUMP-SB	BODYFLOW/CORE FIT -SB	BODYPUMP-TG	STEP CIRCUIT-TG	BODYPUMP-MA	8:30am	BODYCOMBAT-NM	2:30PM - SPIN-KD
9:30am	BODYCOMBAT-SB		SPIN - TG		ZUMBA - TH	9:30am	BODYPUMP-NM	3:30PM-BODYFLOW KD
9:30am					<b>BODYSHOCK BOOTCAMP</b>			
12:00pm	BODYPUMP-LG		BODYPUMP-LG	BODYFLOW - SB	BODYPUMP-TE	10:30am	ZUMBA-YB	
3:45pm				BODYPUMP-SB		11:30am	YOGA-TAMRYN (LET ME KNOW HOW THIS WORKS)	
4:30pm								
4:30pm	BODYCOMBAT-MA	BODYFLOW-LS	BODYPUMP-DW	SPIN - DW	BODYPUMP- LA			
5:30pm	BODYPUMP-NM	BODYCOMBAT-SB	BODYFLOW-JP	BODYPUMP-KD	STEP CIRCUIT -LG			
5:30pm	SPIN-DW	SPIN-KD						
5:30pm	<b>BODYSHOCK BOOTCAMP</b>			<b>5:45-BODYSHOCK BOOTCAMP</b>				
6:30pm	SPIN-PC	SPIN -NM	SPIN - SB	SPIN-KD				
6:30pm	BODYFLOW-SB	KICKBOXING-HL	STEP CIRCUIT - JP	BODYCOMBAT-SB				
6:30pm								
7:40pm	CRUNK - CW		ZUMBA-YB					
	20	21	22	23	24		25	26
4:45am		SPIN-KW		SPIN-KW				
5:00am	<b>BODYSHOCK BOOTCAMP</b>				<b>BODYSHOCK BOOTCAMP</b>	7:30am	BODYFLOW -SB	
5:00am	BODYPUMP-SH		BODYPUMP - MA		BODYPUMP-JP	8:00am	SPIN-PC	
8:15am	BODYPUMP-SB	BODYFLOW/CORE FIT -SB	BODYPUMP-DW	STEP CIRCUIT-TG	BODYPUMP-MA	8:30am	BODYCOMBAT-SB	2:30PM - SPIN-TG
9:30am	BODYCOMBAT-SB		SPIN - TG		ZUMBA - TH	9:30am	BODYPUMP-NM	3:30PM-BODYFLOW JB
9:30am					<b>BODYSHOCK BOOTCAMP</b>			
12:00pm	BODYPUMP-LG		BODYPUMP-LG	BODYFLOW - SB	BODYPUMP-TE	10:30am	ZUMBA-YB	
3:45pm				BODYPUMP-TG		11:30am	YOGA-TAMRYN (LET ME KNOW HOW THIS WORKS)	
4:30pm				<b>BODYSHOCK BOOTCAMP</b>				
4:30pm	BODYCOMBAT-MA	BODYFLOW-LS	BODYPUMP-SB	SPIN - DW	BODYPUMP-DW			
5:30pm	BODYPUMP-NM	BODYCOMBAT-SB	BODYFLOW-JP	BODYPUMP-KD	STEP CIRCUIT - TG			
5:30pm	SPIN-DW	SPIN-KD						
5:30pm	<b>BODYSHOCK BOOTCAMP</b>			<b>5:45-BODYSHOCK BOOTCAMP</b>				
6:30pm	SPIN-PC	SPIN -TG	SPIN - NM	SPIN-KD				
6:30pm	BODYFLOW-SB	KICKBOXING-HL	STEP CIRCUIT - LG	BODYCOMBAT-MA				
6:30pm								
7:40pm	CRUNK - CW		ZUMBA-YB					
	27	28	29	30				
4:45am		SPIN-KW		SPIN-KW				
5:00am	<b>BODYSHOCK BOOTCAMP</b>							
5:00am	BODYPUMP-SH		BODYPUMP - MA					
8:15am	BODYPUMP-SB	BODYFLOW/CORE FIT -SB	BODYPUMP-TG	STEP CIRCUIT-TG				
9:30am	BODYCOMBAT-SB		SPIN - TG					
9:30am								
12:00pm	BODYPUMP-LG		BODYPUMP-LG	BODYFLOW - SB				
3:45pm				BODYPUMP-SB				
4:30pm				<b>BODYSHOCK BOOTCAMP</b>				
4:30pm	BODYCOMBAT-MA	BODYFLOW-LS	BODYPUMP-DW	SPIN - DW				
5:30pm	BODYPUMP-NM	BODYCOMBAT-SB	BODYFLOW-JP	BODYPUMP-KD				
5:30pm	SPIN-DW	SPIN-KD						
5:30pm	<b>BODYSHOCK BOOTCAMP</b>			<b>5:45-BODYSHOCK BOOTCAMP</b>				
6:30pm	SPIN-PC	SPIN -NM	SPIN - NM/KD	SPIN-KD				
6:30pm	BODYFLOW-SB	KICKBOXING-HL	STEP CIRCUIT - JP	BODYCOMBAT-KK				
6:30pm								
7:40pm	CRUNK - CW		ZUMBA-YB					

IF YOU WOULD LIKE TO BE ADDED TO THE EMAIL LIST, CONTACT SHELLEY BARBER @ gdalecc@cityofgardendale.com

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