

## Pine Lake Group Exercise Studio Schedule Spring 2012

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM						Muscle Define	
6:00 AM				MET	Cycle	Define	Cycle
6:15 AM			Cycle	5:45-6:45	5:30-6:30	5:45-6:45	5:30-6:30
6:30 AM			5:45-7:00				
6:45 AM					Group Core		Group Core
7:00 AM					6:45-7:15		6:45-7:15
7:15 AM							
7:30 AM	Cycle			Cardio	Group	Cardio	TBC
7:45 AM	7:30-8:30		Group Core	Lift	Groove	Lift	
8:00 AM			7:50-8:10	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30
8:15 AM		Cycle					
8:30 AM		8:00-9:00	Cardio				Group
8:45 AM	Group		Lift	Cycle	TBC	Cycle	Groove
9:00 AM	Kick		8:30-9:30	8:35-9:45		8:35--9:20	8:30-9:30
9:15 AM	8:45-9:45				8:55-9:45		
9:30 AM	Group	Group				Group Core	
9:45 AM	Core	Power	Group		Group Kick	9:25-9:55	Group
10:00 AM	9:50-10:20	9:15-10:15	Power	Group Groove		Group	Power
10:15 AM			9:45-10:45	9:45-10:45	9:45-10:35	Groove	9:45-10:45
10:30 AM						10:00	
10:45 AM					Group Core		
11:00 AM				B.A.R	10:40-11:10	B.A.R	
11:15 AM				Pilates		Pilates	
11:30 AM				11:00-12:00	Cycle	11:00-12:00	
11:45 AM					11:15-12:15		
12:00 PM							
12:15 PM			Cycle + Core				Cycle
12:30 PM			12:00-1:15				12:00-1:00
12:45 PM	Special	Special					
1:00 PM	Event	Event					
1:15 PM	May Be	May					
1:30 PM	Scheduled	Be					
1:45 PM		Scheduled					
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM				Advantage		Advantage	
4:00 PM				Sports		Sports	
4:15 PM				3:30-4:30		3:30-4:30	
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM			Group	Cycle	Group	Cycle	
5:45 PM			Power	5:30-6:15	Power	5:30-6:15	
6:00 PM			5:30-6:30		5:15-6:00		
6:15 PM				Group Power	Group Core	Group Core	Special
6:30 PM				6:20-7:05	6:00-6:30	6:20-6:50	Event
6:45 PM			Group		Group Kick		May Be
7:00 PM			Groove		6:35		Scheduled
7:15 PM			6:35-7:35				
7:30 PM			Group Core	B.A.R			
7:45 PM			7:40-8:10	Pilates			
8:00 PM				7:30-8:30			
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							
10:15 PM							

**Columbia Athletic Clubs Pine Lake**

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