



The Body Shop



Effective October 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am		 Craig		 faster, stronger, better. Craig	
12:00pm Express	 Sara	 Sara	 Jane	 Sara	 Craig
1:00pm Express	 George	 Craig		 faster, stronger, better. Craig	
4:30pm	 Sara		 Craig		
5:30pm	 Sara	 George 5:15		 Jane	

** \$6.00 drop in classes for Broga/Shred/Piyo/Zumba

	Saturday	Sunday
9:00 AM		
9:30am	 Sara	
10:30am	 Super Sara	

***2 participant minimum for classes to be held.**