



# The Body Shop



Effective October 2016

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

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

	Saturday	Sunday
9:00 AM		
9:30am	 <i>Sara</i>	
10:30am	  <i>Super Sara</i>	

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