CRYSTAL LAKE INSTRUCTOR SCHEDULE MAY 12-18

Saturday 5/12

Studio 1	Studio 2	Studio 3	Conf Rm
JENNY BODYSTEP **7:30-8:30**	**SARAH** RPM 75 **8:00 - 9:15**		**CHRISTINE** Yoga **8:00 - 9:00**
DAR L BODYFLOW **8:45 - 9:45**		**DAR Z** TBC **8:45 - 9:45**	
LORRIE, KRISTINA BODYCOMBAT **10:00 - 11:00**		**DAR Z** BODYVIVE **10:00 - 11:00**	
LORRIE BODYPUMP **11:15 - 12:30**			
SABRINA ZUMBA **12:30 - 1:30**			

Sunday 5/13

Studio 1	Studio 2	Studio 3	Conf Rm
THERESE SH'BAM **8:00 - 9:00**	**SARAH** RPM **8:00 - 9:00**		**PAM** Yoga **8:00 - 9:00**
THERESE BODYPUMP **9:15 - 10:20**			
PATTY BODYFLOW **10:30 - 11:30**			
TIFF, HEATHER B BODYCOMBAT **12:00 - 1:00**			
JEN J BODYPUMP **3:00 - 4:05**			

Monday 5/14

Studio 1	Studio 2	Studio 3
JENNY BODYSTEP **5:15 - 6:15**	**JIM** Power Cycling **5:15 - 6:15**	
JEAN Fit Over Fifty TBC **8:00 - 9:00**		
LEAH BODYPUMP **9:15 - 10:20**	**LORRIE** Power Cycling **9:15 - 10:15**	
PATTY BODYFLOW **10:30 - 11:30**		**STEPH** CARDIOTONE **10:30 - 11:30**
STEPH Seniors in Motion **11:35 - 12:35**		
STEPH ZUMBA **1:00 - 2:00**		
CARRIE CX WORX **4:15 - 4:45**		
CARRIE SH'BAM **4:45 - 5:30**		
SARAH BODYPUMP **5:45 - 6:50**	**LISA** Power Cycling **6:15 - 7:15**	
TIFF BODYCOMBAT **7:00 - 8:00**		**DAR L** BODYFLOW **6:45-7:45**

Tuesday 5/15

Studio 1	Studio 2	Studio 3
JENNY BODYPUMP **5:15 - 6:20**	**STEVE** RPM **5:15 - 6:15**	
JENNY BODYFLOW **8:00 - 9:00**		
DEMETRA BODYSTEP **9:25 - 10:25**	**COLLEEN** Power Cycling **9:15 - 10:15**	
KATHY BODYPUMP EXP **10:30 - 11:15**		**COLLEEN** Total Body Conditioning **10:30 - 11:30** in gym
KATHY CX WORX **11:15 - 11:45**	**JEAN** RPM **12:15 - 1:15**	
TIFF SH'BAM **1:00 - 1:45**		
JENNY BODYSTEP **4:30 - 5:30**		
DAR Z BODYVIVE **5:35 - 6:35**		**ANNE MARIE** BODYFLOW **5:30 - 6:30**
JEN J BODYPUMP **6:45 - 7:50**		
SABRINA ZUMBA **8:00 - 9:00**		

Wednesday 5/16

Studio 1	Studio 2	Studio 3
DAR Z Step Cricuit Challenge **5:15 - 6:15**		**JEN J** BODYCOMBAT **5:15 - 6:15**
CHERYL Fit Over Fifty Step & Pump **8:00 - 9:00**		
LEAH BODYPUMP **9:15 - 10:20**	**LORRIE** RPM **9:15 - 10:05**	**THERESE** BODYFLOW **9:15 - 10:15**
THERESE SH'BAM **10:30 - 11:15**		
LEE ANN Seniors in Motion **11:35 - 12:35**		
KRISTINA BODYCOMBAT **4:30 - 5:30**		**PATTY** BODYFLOW **4:30 - 5:30**
PATTY BODYSTEP **5:45 - 6:45**	**SARAH** RPM EXT **6:15 - 7:15**	
LORRIE BODYPUMP EXP **7:00 - 7:45**		
LORRIE CX WORX **7:45 - 8:15**		

Thursday 5/17

Studio 1	Studio 2	Studio 3
JENNY BODYFLOW **5:15 - 6:15**	**STEVE** RPM EXT **5:15 - 6:15**	
KATHY BODYPUMP EXP **8:00 - 8:45**		
KATHY CX WORX **8:45 - 9:15**		
LORRIE BODYCOMBAT **9:25 - 10:25**	**SARAH** Cycle 45 **9:15 - 10:15**	**THERESE** BODYFLOW **9:15 - 10:15**
AMIE Total Body Conditioning **10:30 -11:30**		
	AMIE Power Cycling **12:15 - 1:15**	
THERESE BODYPUMP **4:25 - 5:30**		
DAR L BODYFLOW **5:35 - 6:35**		
STEPH V ZUMBA **6:45 - 7:45**		

Friday 5/18

Studio 1	Studio 2	Studio 3
ANNE MARIE BODYPUMP **5:15 - 6:20**		
LEE ANN CARDIO EXPRESS **8:00 - 8:30**		
LORRIE CX WORX **8:30 - 9:00**		
STEPH V Total Body Conditioning **9:25 - 10:25**	**LORRIE** RPM **9:15 - 10:15**	
STEPH V ZUMBA **10:30 - 11:30**		**JENNY** BODYSTEP **10:30 - 11:30**
JENNY Seniors in Motion **11:35 - 12:35**		**PATTY** BODYFLOW (CONF RM) **10:30 - 11:30**
THERESE BODYPUMP **1:00 - 2:05**		
PATTY BODYSTEP **4:30 - 5:30**		
JEN J BODYCOMBAT **5:30 - 6:30**		
LORRIE BODYPUMP **6:30 - 7:35**		