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Effective 05/06/2012

Lydia Roth- Group Fitness Manager 908-689-9733; mayfieldfarms@comcast.net

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am			 SPINNING Marcia	 YOGA Jill		 SPINNING Jill	 YOGA Marcia 6:45
8:00 am	 Judy						 Justine/Marcia  Jim
9:15 am	 Christina 9:00 a.m.	 Heather	 Marcia	 KickBoxing Melissa  Robin	 Heather	 Patti	9:00  Justine/Charlie
	 Lydia 9:30	 Robin				 Robin/Lydia	
10:30am		 Robin	 Melanie	 Heather	 Charlie	 Robin/Lydia	10:00  Lydia
				11:00  Heather			
5:30 pm		 Charlie	 Patti	 Kim	 Kristin/Chris/ Lydia	 Bonnie	
		 Lydia					
6:30 pm		 KickBoxing Charlie	 Evelyn	 Robin	 Kristin/Chris		
		 Adrian					
7:30 pm		 Marcia	 Danae	 Robin	 Danae		
8:00 pm				 Danae			