



# BLS Group Fitness Schedule August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  6:00 - 6:45 am BodyPump Ex.	3  6:00 - 7:00 pm BodyPump	4  6:00 - 6:45 am BodyPump Ex. 6:00 - 7:00 pm BodyCombat	5  6:30 - 7:30 pm BodyPump	6	7  7:00 - 8:00 am Red Rocks 9:00 - 10:00 am Pilates 10:00-11:00 am BodyCombat
9  6:00 - 6:45 am BodyPump Ex. 5:30 - 6:30 pm Turbokick 6:30 - 7:30 pm Hip Hop Hustle	10  6:00 - 7:00 pm BodyPump	11  6:00 - 6:45 am BodyPump Ex. 6:00 - 7:00 pm BodyCombat	12  6:30 - 7:30 pm BodyPump	13	14  7:00 - 8:00 am Red Rocks 9:00 - 10:00 am Pilates 10:00-11:00 am BodyCombat
16  6:00 - 6:45 am BodyPump Ex. 5:30 - 6:30 pm Turbokick 6:30 - 7:30 pm Hip Hop Hustle	17  6:00 - 7:00 pm BodyPump	18  6:00 - 6:45 am BodyPump Ex. 6:00 - 7:00 pm BodyCombat	19  6:30 - 7:30 pm BodyPump	20	21  7:00 - 8:00 am Red Rocks 9:00 - 10:00 am Pilates 10:00-11:00 am BodyCombat
23  6:00 - 6:45 am BodyPump Ex. 5:30 - 6:30 pm Turbokick 6:30 - 7:30 pm Hip Hop Hustle	24  6:00 - 7:00 pm BodyPump	25  6:00 - 6:45 am BodyPump Ex. 6:00 - 7:00 pm BodyCombat	26  6:30 - 7:30 pm BodyPump	27	28  7:00 - 8:00 am Red Rocks 9:00 - 10:00 am Pilates 10:00-11:00 am BodyCombat
30  6:00 - 6:45 am BodyPump Ex. 5:30 - 6:30 pm Turbokick 6:30 - 7:30 pm Hip Hop Hustle	31  6:00 - 7:00 pm BodyPump				