



412-787-1518

BodyMatrxfitness.com

Monday - Thursday 5am to 9pm

Friday 5am to 7pm Saturday & Sunday 8am -3pm

CLASS SCHEDULE 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM					Cycle*		
					<i>Erin</i>		
9:30 AM						Power Pump	Resist-a-Ball
						<i>Tracy/Mary</i>	<i>Kimber</i>
10:00 AM						Yoga	
						<i>Monica</i>	
10:30 AM							Cycle
							<i>April</i>
12:30 PM	Power Hour 45m						
	<i>Dana</i>						
5:30 PM	Cycle Hour		Cycle Hour				
	<i>Monica</i>		<i>Mary</i>				
6:00PM	Punch Out	ROHLAA	Punch Out	Zumba			
	<i>Amy</i>	<i>Amanda</i>	<i>Erin</i>	<i>Bethany</i>			
		Cycle		Cycle			
		<i>Brian</i>		<i>Yvonne</i>			
6:30 PM	Yoga		Yoga				
	<i>Sarah</i>		<i>Carmie</i>				

*In case of inclement weather, please be sure to call the gym before coming in for class.

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