

































AM GROUP FITNESS SCHEDULE

CREATING LIFE CHANGING FITNESS EXPERIENCES IN EVERY CLASS EVERYTIME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|---------------------------------|----------------------------|--------------------------|---------------------------------------|-------------------------------------|-----------------------------|
| 6:00 am | NANCY | SUZANNE | SUZANNE | SUZANNE | NANCY | | |
| 7:30 am | SUZANNE | ANNIE | ANDREAS | JESS | NICOLE | | |
| 8:30 am | SUZANNE | ANNIE | JESS | JESS | ELICE | LINDA JAMES | DEBBIE JENNIFER |
| 9:30 am | THOMAS/ SHANNON JENNIFER JESSICA | GEORGE SHANNON/JESS JENNA | THOMAS ANNIE SUZANNE | JESSICA JESS JENNA | GEORGE SHANNON/JENNIFER JESSICA | THOMAS/PATRICK JENNIFER JENNA | JENNIFER ANNIE DEBBIE |
| 10:30 am | JENNIFER | MORIAH | SUZANNE | ANNIE | BARBARA | SHANNON | |

PM GROUP FITNESS SCHEDULE

WWW.OXYGENFSC.COM

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---|---|---|---|---|
| 3:30pm |  LES MILLS BODYPUMP SUZANNE |  LES MILLS BODYCOMBAT JAMES |  LES MILLS BODYPUMP ANNIE |  LES MILLS BODYCOMBAT JENNA |  BODYCORE NICOLE |
| 4:30 pm |  LES MILLS BODYSTEP ELICE |  LES MILLS BODYPUMP LINDA |  LES MILLS BODYVIVE LINDA |  LES MILLS BODYPUMP ELICE |  LES MILLS BODYFLOW BARBARA |
| 5:30 pm |  LES MILLS BODYATTACK JON |  LES MILLS RPM LINDA  LES MILLS BODYCOMBAT JESS |  LES MILLS BODYATTACK SUZANNE |  LES MILLS RPM THOMAS |  LES MILLS BODYPUMP LINDA |
| 6:30 pm |  LES MILLS BODYPUMP SHANNON  LES MILLS RPM JESSICA/LINDA B |  LES MILLS BODYSTEP SHANNON  AQUA-FIT STACY |  LES MILLS BODYPUMP SHANNON/NICOLE  LES MILLS RPM DEBBIE/LINDA B |  LES MILLS BODYCOMBAT JILL K  AQUA-FIT STACY |  LES MILLS BODYVIVE LINDA/ALISA  LES MILLS RPM BARBARA |
| 7:30 pm |  LES MILLS BODYFLOW BARBARA |  LES MILLS BODYPUMP JENNIFER |  LES MILLS BODYFLOW BARBARA |  LES MILLS BODYPUMP ANNIE |  LES MILLS BODYJAM BODYJAM TEAM |

WE ARE HUNGRY

WE PUSH THE BOUNDARIES &

WE ARE ALWAYS LOOKING

FOR BETTER WAYS OF

DOING THINGS

WELCOME TO TEAM



SCHEDULE BEGINS
FEBRUARY 8, 2010

MANAGEMENT RESERVES THE
RIGHT TO CHANGE ANY CLASS
AND ANY TRAINER ANYTIME