

# DOWNSTAIRS STUDIO EXERCISE SCHEDULE

412-520-SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
:15						
:30						
:45						
7:00 AM						
:15						
:30						
:45						
8:00 AM						
:15					<b>CLASS SET UP</b>	<b>CLASS SET UP</b>
:30					<b>CYCLING</b>	<b>CYCLING</b>
:45					<i>Dawn</i>	<i>Joni</i>
9:00 AM					<b>830-930</b>	830-930
:15						
:30						
:45						<b>BUTTS &amp; GUTS</b>
10:00 AM				<b>CLASS SET UP</b>	<b>SUN 73</b>	<i>Joni</i>
:15				<b>HATHA YOGA</b>	<i>KEN</i>	<b>940-1010</b>
:30				<i>Pam</i>	<b><u>SUN 73 IS A PRIVATE EVENT BY INVITATION ONLY.</u></b>	<b>*RESERVED</b>
:45				<b>1015-1130</b>		<i>JUNIOR</i>
11:00 AM						<b>GOLDEN TRIANGLES</b>
:15						<b>1015-1215</b>
:30						
:45						
12:00 PM						
:15						
:30						<b>PARTY ROOM SET UP TIME</b>
:45						
1:00 PM						<b>PARTY ROOM RESERVATIONS</b>
:15						
:30						
M:45						
2:00 PM						<b>1-3</b>
:15						
:30						
:45						
3:00 PM						<b>PARTY ROOM CLEAN UP TIME</b>
:15						
:30						
:45						
4:00 PM					<b>*RESERVED</b>	
:15						
:30	<b>CLASS SET UP</b>			<b>CLASS SET UP</b>		<b>HELD IN DOWNSTAIRS CLASSROOM</b>
:45	<b>CYCLING</b>			<b>CYCLING</b>		<b>RESERVATION REQUIRED</b>
5:00 PM	<i>Dawn</i>			<i>Dawn</i>		
:15	<b>445-530</b>			<b>445-530</b>		
:30						
:45	<b>CLASS SET UP</b>	<b>CLASS SET UP</b>	<b>CLASS SET UP</b>			
6:00 PM	<b>ZUMBA</b>	<b>CYCLING</b>	<b>CYCLING</b>	<b>ZUMBA</b>		
:15	<i>Heather</i>	<i>Joni</i>	<i>Joni</i>	<i>Mary Ellen</i>		<b>HELD IN</b>

:30	6-7	6-7	6-7	6-7	<b>EFFECTIVE</b> <b>12/12/202</b> <b>3</b>	DOWNSTAIRS CYCLING ROOM <b>RESERVATION</b> <b>REQUIRED</b>
:45						
7:00 PM	<b>*RESERVED</b>					
:15			<b>*RESERVED</b>			
:30						
:45						
8:00PM	<b>**INSTRUCTORS NEED 15 MINUTES PRIOR TO THE START TIME OF THE CLASSES TO SET UP THE EQUIPMENT **</b>					

MONDAY	4:45 - 5:30	CYCLING with DAWN
	6:00 - 7:00	ZUMBA with HEATHER
TUESDAY	6:00 - 7:00	CYCLING with JONI
WEDNESDAY	6:00 - 7:00	CYCLING with JONI
THURSDAY	10:15 - 11:30	HATHA YOGA with PAM
	4:45 - 5:30	CYCLING with DAWN
	6:00-6:45	ZUMBA with MARY ELLEN
FRIDAY	8:30 - 9:30	CYCLING with DAWN
	10:00 - 10:30	SUN 73 FORM STUDY - <b>PRIVATE INVITATION ONLY CLASS</b>
SATURDAY	8:30 - 9:30	CYCLING with JONI
	9:40 - 10:10	BUTTS & GUTS with JONI
	10:15 - 12:15	<b>*RESERVED* JUNIOR GOLDEN TRIANGLES</b>
	12:30 - 1:00	<b>PARTY RENTAL SET UP</b>
	1:00 - 3:00	<b>PARTY RENTALS</b>
	3:00 - 3:30	<b>PARTY RENTAL CLEAN UP</b>

**\*\*INSTRUCTORS NEED 15 MINUTES PRIOR TO THE START TIME OF THE CLASSES TO SET UP THE EQUIPMENT and sometimes at the end\*\***

WCC Hours as of this schedule (and are subject to change without notice)

Monday - Thursday: 6 am - 8 pm

Friday: 6 am - 6 pm

Saturday: 7 am - 2 pm

Sunday: 12 pm - 4 pm (December thru March Only)