

# BRENHAM FITNESS CENTER FALL GROUP EXERCISE SCHEDULE 2011 EFFECTIVE SEPTEMBER 1ST

Please note; the schedule is subject to change without notice. Please check the schedule weekly

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30am</b> Cycling Mari	<b>5:30am</b> Sculpt Mari	<b>5:30am</b> Cycling Mari	<b>5:30am</b> Sculpt Mari	<b>5:45am</b> Zumba Erica	<b>8:30am</b> KickBox/Sculpt Laura
<b>8:15</b> Cardio Kick box Cory MMA Room	<b>8:00am</b> Power Yoga Lynn	<b>8:15</b> Cardio Kick box Cory MMA Room	<b>8:00am</b> Yoga Lynn	<b>8:15</b> Cardio Kick box Cory MMA Room	
<b>9:05</b> Beginners Piyo Angelica		<b>8:15</b> Zumba Rocio		<b>8:15 - 9am</b> Spinning Angelica	
	<b>9:45am</b> Beginners Yoga Linda				
<b>12:15</b> Kickbox Angie	<b>12:00</b> PiYo Angelica	<b>12:15</b> Kickbox Angie	<b>12:00</b> PiYo Angelica	<b>12:15</b> Kickbox Angie	
<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	
<b>5:30pm</b> Spinning Mari	<b>5:30</b> Pilates Mari	<b>5:30 - 6:30</b> KickBox/Sculpt Laura			
<b>7:30pm</b> Zumba Erica	<b>7:30pm</b> Zumba Noel		<b>7:30pm</b> Zumba Constance		

All classes are held at our 2106 S. Market St Location 979-277-9997