RIVER OAKS ATHLETIC CLUB
2010 FALL AEROBICS SCHEDULE

	MON	TUES	WED	THURS	FRIDAY	SAT	SUNDAY
6:15 AM		6-7PM INTERVAL TRAIN (MEREDITH)		6-7PM INTERVAL TRAIN (MEREDITH)			
7:30 AM	7:30-8:30AM TONE-N-TIGHT (JEANNETTE)	7:30-9:00AM TONE/STRETCH (KAREN)	7:30-8:30AM TONE-N-TIGHT (JEANNETTE)	7:30-9:00AM TONING (KAREN)	7:30-8:15AM TONE-N-TIGHT (JEANNETTE)		
9:00 AM	9-10:15AM HI-LO AEROBIC (LINDA)	9-10:00AM INTERVAL TRAINING (MARYLOU)	9-10:15AM STEP INTERVAL (LINDA)	9-10:00AM INTERVAL TRAINING (ANNETTE)	9-10:15AM STEP (LINDA)	9-10:00AM STRENGTH/CORE (LISA)	9-10:00AM AEROBIC/DANCE (THERESE)
10:15 AM							10:15-11:15AM ZUMBA (MARY LOU)
5:00 PM		5-6:00pm TONE-N-TIGHT (DIANA)		5-6:00pm TONE-N-TIGHT (DIANA)			
6:30 PM				6:30-7:30PM ZUMBA (MARY LOU)			