

ZACH'S CLUB 54

SPRING SCHEDULE 2012

Directed by Lesa Thomas.....6022 Sw 48th st.....806-352-7100.....Zachsclub.com
Effective APRIL 1, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:30AM Define and Sculpt Jessica	5:30AM-6:30AM Get Fit Doug	5:30AM-6:30AM Body Challenge Kryss	5:30AM-6:30AM Get Fit Doug	5:30AM-6:30AM Cardio Interval Training Jessica		
8:30AM – 9:30AM BODYPUMP Becky	8:15AM – 8:45AM Cycle Tanya		8:30AM-9:00AM Cardio Interval Jessica	8:30AM – 9:30AM Zumba Tone Yvonne		
9:30AM-10:30AM ZUMBA Yvonne	8:45AM – 9:30AM Kickboxing Tanya L	8:30AM – 9:30AM BODYPUMP Kristen R	9:00AM-9:30AM R.I.P.P.E.D. Jessica	8:30AM – 9:30AM CLUB 54 CYCLING Kristen R	8:30-10:00AM 30/30/30 Cycle, Cardio, Pump	
9:30AM-11:00AM CLUB 54 CYCLING Becky	9:15AM-10:15AM Power Pilates Tanya L	9:30AM-10:30AM Step Becky	9:30AM-10:30AM Power Yoga Kristen R	9:30AM-11:00AM Insane Pump and Jump Becky	10:00AM-11:00AM ZUMBA Rotating Instructor	
	12:00PM-12:45PM BODYPUMP Lesa		12:00PM-12:45PM BODYPUMP Lesa			2:00PM Yoga Sharon/ Linda
4:30PM-5:30PM Pilates Lindsay						
5:30PM-6:30PM Sweat N Step Lori	5:30PM-6:30PM BODYPUMP Melissa/Robin	5:30PM-6:30PM Sweat N Step Lori	5:30PM-6:30PM ZUMBA Areli	5:30PM-6:30PM ZUMBA Sabrina		
6:30PM-7:30PM BODYPUMP Rotating Instructor	6:30PM-7:30PM Pilates and Boxing Danielle	6:30PM-7:30PM BODYPUMP Anna	6:30PM-7:30PM Pilates Tanya			
7:30PM-8:30PM ZUMBA Reyna		7:30PM-8:30PM ZUMBA Reyna				

*** CYCLING ***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30AM-6:30AM Club 54 Cycling Kryss		5:30AM-6:30AM Club 54 Cycling Kryss		
9:30AM-11:00AM Club 54 Cycling Becky				8:30AM – 9:30AM CLUB 54 CYCLING Kristen	8:30AM – 9:00AM CLUB 54 CYCLING Rotating Instructor
6:00PM-7:00PM Club 54 Cycling Jamie	5:30PM-6:30PM Club 54 Cycling Geoff		5:30PM-6:30PM Club 54 Cycling Tanya		

Club Hours:

MON – THURS – 5am-11pm
FRI – 5am – 8pm
SAT – 7am – 6pm
SUN – 12pm – 6pm

Child Care Hours:

MON-FRI – 8:30am – 12:30pm
4:30pm – 8:30pm
SAT – 9am – 12pm