

## Hanover Class Schedule

### Studio B

Monday April 23, 2012 to Saturday June 16, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM	Tai Chi/ Buckley		Tai Chi/ Buckley		Tai Chi/ Buckley	Zumba/Shannon
8:05 AM	Pilates Interm/ Adv Buckley		Pilates Interm/ Adv Buckley		Pilates Interm/ Adv Buckley	
8:30 AM		Zumba Gold/Reams		Zumba Gold/Reams		Body PumpExpress/ Bowers or Smith or Dell
9:00 AM	CIT /Despines		CIT /Despines		CIT /Despines	
9:20 AM		Body PumpExpress/ Bowers or Smith		Body PumpExpress/ Bowers or Smith		Zumba & Zumba Teen (ages 12 and over) /Langenfeld
10:00 AM	Feeling Good/ Despines		Feeling Good/ Despines		Feeling Good/ Despines	
10:30 AM		Zumba + Zumba Toning / Garcia		Zumba + Zumba Toning / Garcia		
11:05 AM	Body PumpExpress/ Bowers or Smith		Body PumpExpress/ Bowers or Smith		Body PumpExpress/ Bowers or Smith	
11:30 AM		Washboard Abs/ Shaw		Washboard Abs/ Shaw		
3:45 PM			Zumbatonic/Cromer 4-12yrs			
4:25 PM	Pilates/Buckley 4:25-5:10PM		Pilates/Buckley 4:25-5:10PM			
5:15 PM	Zumba / Jess O'Brien <b>5:15pm</b>		Zumba/Lori Long <b>5:15pm</b>			
6:05 PM	Zumba Gold/ Saltzgeber		Zumba Gold/ Saltzgeber			
6:15 PM		Body Pump/ Bowers		Body Pump/ Bowers		
7:00 PM	Zumba/Rumbel 7:05PM	<b>Zumba/Rumbel 7:20PM</b>	Zumba & Zumba Toning/Lonai	<b>Zumba/Bell 7:20PM</b>		<i>Red denotes New Class or time</i>