












Fitness Experts Group X Schedule

July 7 Through August 3, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	 SPINNING Mandy	Shift and Lift 5:05am Mandy	 SPINNING Mandy		 SPINNING Mandy	
8:00am						 SPINNING Mandy
9:00am	Spin Michelle	 GROUP POWER Heather	Spin Katie	 GROUP POWER Heather	Cardio & More Heather	 GROUP POWER
10:00am	PiYo Michelle		PiYo Katie		Spin Michelle	 Turbo KICK The Evolution Of Kickboxing 10:15am Ophelia
11:00am						PiYo 11:15-11:45 Ophelia
7:00pm	 GROUP POWER Katie	 Turbo KICK The Evolution Of Kickboxing Ophelia	 GROUP POWER Michelle	Hip Hop Hustle Ophelia		

Questions, comments or concerns contact us at 317-718-1238 or fitnessexperts.avon@gmail.com

* No appointment or pre-scheduling needed for classes.