



AUGUST 2010 CLASS SCHEDULE www.theworkoutcompany.org 454-2582

*Friday 45 minute express classes: Combat starts at 8am followed by Pump at 8:45

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Studio A						6:00am <i>Advanced Cycle</i>	
5:30am Studio B		<i>Advanced Cycle</i>		<i>Advanced Cycle</i>	Spin Fusion	7 am 	
6:30 am Studio B	Spin Fusion	Carl's Cycle		Carl's Cycle			
8 am Studio A		Low Impact			*Express class 		
8:00 am Studio B		Butts&Gutts	Loft 8:30am POWER YOGA				
9 am Studio A					* 8:45am 	Class Rotation See highlighted Schedule	11:00am
9:00 am Studio B				Loft 		Loft 	12:15pm
4:30 pm Studio A							
5:30 pm Studio A						Saturday 9am Rotation: August 7 th August 14 th August 21 st August 28 th	
5:30 pm Studio B	Butts & Gutts	POWER YOGA 	 	POWER YOGA 			
6:30 pm Studio A							
6:30pm Studio B	Loft 						