




PBORO MEMORIAL DAY 5/29/17

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE STUDIO;SIGN UP FRONT DESK	AQUA
9:00 - 9:30  Sandi	EXRESS HITT CARDIO FORMAT	8:30 - 9:30 Power Yoga Linda F.		8:15 - 9:15 Cardio Sculpt Mari-Celeste ****
9:30 - 10:30 Step Roger	9:30 - 10:30 Boxing Pat	9:35 - 10:35  Sandi	9:30 - 10:30 Cycle Laurie D.	LIMIT 34. SIGN UP AT FRONT DESK-
10:35 - 11:35  Amanda	10:35 - 11:35 SoulBody UNHITCHED Linda F.	10:35 - 11:35 Gentle Yoga Shirin		
11:35 - 12:35 Zumba Kim	BAREFOOT BARRE CLASS; TOTAL BODY TONING			*** Indicates a class in the lap pool

PLAINSBORO SPECIAL GROUP FITNESS SCHEDULE CLUB HOURS 7AM - 1PM



*we remember your sacrifice today. Et every day
on this memorial day.....*

THANK YOU!