



LIFE Vision Schedule

Jul-08

1987 Hendersonville Rd
Asheville, NC 28803
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	Monday	Tuesday	Wednesday	Thursday	Friday
7:30AM	Core Challenge (2)	Kickin' Boot Camp (3)	Cardioball Low (2)	ABC (2)	<i>Members Choice</i>
8:00AM	On The Step (Basic)	Live Boot Camp	Kick It Up, Sweat It Off (2)	Ball Boot Camp (2)	Circuit Boot Camp
8:30AM	Cardio Kick (2)	Ball Pilates 2 (2.5)	<i>Members Choice</i>	Easy Kick and Jab (1)	Athletic Step (3)
9:00AM	<i>Members Choice</i>	Sizzling Salsa (2.5)	Pilates Flow (2)	Around the Step (2)	Burn & Tone (2.5)
9:30AM	<i>Discover Yoga (1)</i>	Athletic Step (3)	BLT (2)	<i>Discover Yoga (1)</i>	Low & Go (2)
10:00AM	Exotic Fusion Belly Dance (2.5)	<i>Yoga-Total Body(3)</i>	Dance Tease (2.5)	<i>Members Choice</i>	Cardio Punch (2)
10:30AM	Core Challenge (2)	<i>Members Choice</i>	Cardioball Low (2)	ABC (2)	Disco-a-Go-Go (2)
11:00AM	On The Step (Basic)	Kickin' Boot Camp (3)	On The Step (Basic)	Movin' & Grovin' (2)	Ball & Matt Pilates (2)
11:30AM	Cardio Kick (2)	Ball Pilates 2 (2.5)	<i>Discover Yoga (1)</i>	Around the Step (2)	Athletic Step (3)
12:00	<i>Members Choice</i>	Athletic Step (3)	BLT (2)	Ball Boot Camp (2)	Low & Go (2)
12:30	<i>Yoga - Lower Body Focus(3)</i>	<i>Members Choice</i>	Kick It Up, Sweat It Off (2)	Easy Kick and Jab (1)	Cardio Punch (2)
1:00	Exotic Fusion Belly Dance (2.5)	Sizzling Salsa (2.5)	Pilates Flow (2)	<i>Yoga-Mid Section (3)</i>	Disco-a-Go-Go (2)
1:30	<i>Members Choice</i>	<i>Yoga-Total Body(3)</i>	Cardioball Low (2)	Movin' & Grovin' (2)	Burn & Tone (2.5)

Key			Club Hours	
Cardio (level)	Mind & Body (level)	<i>Members Choice</i>	Monday-Thursday 7:30-2pm & 4-8pm Friday 7:30-2pm & 4-6pm	
Sculpting (level)	Lecture	Live Boot Camp		

4:00PM	Cardio Kick (2)	<i>Yoga-Total Body(3)</i>	<i>Members Choice</i>	ABC (2)	<i>Members Choice</i>
4:30PM	Core Challenge (2)	Live Boot Camp	<i>Discover Yoga (1)</i>	Ball Boot Camp (2)	<i>Members Choice</i>
5:00PM	<i>Discover Yoga (1)</i>	Sizzling Salsa (2.5)	Dance Tease (2.5)	<i>Members Choice</i>	<i>Members Choice</i>
5:30PM	Exotic Fusion Belly Dance (2.5)	Ball Pilates 2 (2.5)	Kick It Up, Sweat It Off (2)	Live Boot Camp	<i>Members Choice</i>
6:00PM	<i>Yoga - Lower Body Focus(3)</i>	Athletic Step (3)	<i>Members Choice</i>	Easy Kick and Jab (1)	
6:30PM	On The Step (Basic)	Live Boot Camp	Cardioball Low (2)	<i>Yoga-Mid Section (3)</i>	
7:00PM	Cardio Kick (2)	<i>Members Choice</i>	Pilates Flow (2)	Movin' & Grovin' (2)	
7:30PM	<i>Members Choice</i>	Kickin' Boot Camp (3)	BLT (2)	Around the Step (2)	