

# Butterfly Life Group Exercise Class Schedule

May 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Member's Choice	Member's Choice		Member's Choice		
7:30	Member's Choice	Member's Choice		Member's Choice		
8:00	Simple Stepping	Stretch & Sculpt	Pilates Flow	Simple Stepping	Stretch & Sculpt	Pilates Flow
8:30	Stretch & Sculpt	Pilates Flow	Simple Stepping	Pilates Flow	Simple Stepping	Stretch & Sculpt
9:00	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	Cardioball Low
9:30	Gentle Stretch	Steppin' Right Left	Gentle Stretch	Steppin' Right Left	Gentle Stretch	Steppin' Right Left
10:00	Steppin' Right Left	Simple Stepping	Steppin' Right Left	Simple Stepping	Steppin' Right Left	Simple Stepping
10:30	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch
11:00	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance
11:30	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice
12:00	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	
12:30	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	
1:00	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	
1:30	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	
2:00	Gentle Stretch	Steppin' Right Left	Gentle Stretch	Steppin' Right Left	Gentle Stretch	
2:30	Steppin' Right Left	Simple Stepping	Steppin' Right Left	Simple Stepping	Steppin' Right Left	
3:00	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance	
3:30	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch	
4:00	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	Cardioball Low	Stretch & Sculpt	
4:30	Gentle Stretch	Steppin' Right Left	Gentle Stretch	Steppin' Right Left	Gentle Stretch	
5:00	Steppin' Right Left	Simple Stepping	Steppin' Right Left	Simple Stepping	Steppin' Right Left	
5:30	American Band Dance	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance	
6:00	Cardio Punch	American Band Dance	Cardio Punch	American Band Dance		
6:30	Member's Choice	Member's Choice	Member's Choice	Member's Choice		