

# WICKER PARK FITNESS

# CLASS SCHEDULE WINTER 2012

773.278.8700

[www.wickerparkfitness.com](http://www.wickerparkfitness.com)

Gym Hours: Mon-Fri 4:30am-12am, Sat/Sun 7am-9pm

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
6-7:00am <b>BOSU BODY BLAST</b> stephanie	6-7:00am <b>TURBO KICK</b> ali	6-7:00am <b>BOSU BODY BLAST</b> stephanie				
					9-10:00am <b>BOSU BODY BLAST</b> stephanie	
9-10:00am <b>INTERVAL SCULPT</b> eileen		9-10:00am <b>BARRE BURN</b> alicia	9-10:00am <b>YOGA SCULPT</b> sophie		10-11:00am <b>YOGA</b> natasha	10-11:00am <b>BANGIN' BODY</b> ali
	10-11:00am <b>YOGALATES</b> alicia	10-11:00pm <b>YOGA</b> alicia		5-6:00pm <b>YOGA SCULPT</b> sophie	11-12:00pm <b>PILATES</b> jessica	11-12:00pm <b>HATHA EXPERIENCE</b> michele
5-6:00pm <b>STEP</b> stephanie				6-7:00pm <b>BUTTS &amp; GUTTS</b> eileen		
6-6:30pm <b>HARD CORE</b> ali	6-7:00pm <b>BOOTCAMP</b> maggie	6-7:00pm <b>BANGIN' BODY</b> eileen	6-7:00pm <b>BOOTCAMP</b> maggie			6-6:30pm <b>HARDCORE</b> stephanie
6:30-7:30pm <b>VINYASA YOGA</b> dana 7:30-8:00pm <b>BOOTCAMP .5</b> eileen	7-8:00pm <b>ZUMBA</b> stephanie w.	7-7:30pm <b>HARDCORE</b> eileen	7-8:00pm <b>BOOTY BEAT DANCE</b> lindsay			6:30-7:30pm <b>CARDIO DANCE PARTY</b> stephanie
8-9:00pm <b>PILATES</b> ali	8-9:00pm <b>BARRE BURN</b> alicia	7:30-8:30pm <b>CARDIO DANCE PARTY</b> stephanie	8-9:00pm <b>HATHA YOGA</b> natasha			