

WICKER PARK FITNESS

CLASS SCHEDULE SUMMER 2010

773.278.8700

www.wickerparkfitness.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7:00am BOSU BODY BLAST stephanie	6-7:00am TURBO KICK ali	6-7:00am BOSU BODY BLAST stephanie		6-7:00am INTERVAL SCULPT sophie		
		7-8:00am VINYASA YOGA dominika			9-10:00am BOSU BODY BLAST stephanie	10-11:00am BANGIN' BODY eileen
9-10:00am INTERVAL SCULPT eileen	9-10:00am BOSU BODY BLAST jr	9-10:00am CARDIO DANCE pauline	9-10:00am YOGA SCULPT charlotte		10-11:00am YOGA natasha	11-12:30pm <i>90 minutes</i> HATHA EXPERIENCE joseph
11-12:00pm KUNDALINI YOGA arnold	11-12:00pm YOGALATES pauline	10-11:00pm YOGA pauline	11-12:00pm KUNDALINI YOGA arnold	5-6:00pm YOGA SCULPT emma	11-12:00pm PILATES alison v.	
5-6:00pm STEP stephanie				6-7:00pm BUTTS & GUTTS eileen		
6-6:30pm HARD CORE reggie	6-7:00pm Zumba yecenia	6-7:00pm BANGIN' BODY eileen				6-6:30pm HARDCORE stephanie
6:30-7:30pm VINYASA YOGA nell	7-8:00pm STRIKE FORCE jr	7-7:30pm HARDCORE eileen	7-8:00pm STRIKEFORCE jr			6:30-7:30pm CARDIO DANCE PARTY stephanie
7:30-8:00pm BOOTCAMP .5 eileen		7:30-8:30pm BUDOKON joseph				
8-9:00pm PILATES alison v.	8-9:00pm BARRE BURN pauline	8:30-9:30pm CARDIO DANCE PARTY stephanie	8-9:00pm HATHA YOGA elisa			