



Salisbury's  
Finest  
Fitness  
Facility

SPINNING &  
PILATES  
SCHEDULE

# March 2010



Studio 2 & 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Nicole</p> <p>PILATES: 8:30 am Mimi</p>	<p><b>2</b></p> <p>YOGAFLOW: 9:50 am Tara</p> <p>SPIN: 5:30 pm Jacquie</p> <p>PILATES: 5:30 pm Mimi</p>	<p><b>3</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Jill 5:30 pm Nicole</p> <p>PILATES: 8:30 am Dawn</p> <p>YOGA: 5:30 pm Tara</p>	<p><b>4</b></p> <p>SPIN: 8:45 am Jill</p> <p>PILATES: 5:30 pm Jacquie</p>	<p><b>5</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Sarah</p> <p>PILATES: 8:30 am Dawn</p>	<p><b>6</b></p> <p>POWERSPIN: 8:30 am Scott</p>
<b>7</b>	<p><b>8</b></p> <p>SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Sarah</p> <p>PILATES: 8:30 am Mimi</p>	<p><b>9</b></p> <p>YOGAFLOW: 9:50 am Tara</p> <p>SPIN: 5:30 pm Jacquie</p> <p>PILATES: 5:30 pm Dawn</p>	<p><b>10</b></p> <p>SPIN: 5:30 am Jill 9:00 am Mimi 5:30 pm Joan</p> <p>PILATES: 8:30 am Dawn</p> <p>YOGA: 5:30 pm Tara</p>	<p><b>11</b></p> <p>SPIN: 8:45 am Jill</p> <p>PILATES: 5:30 pm Jacquie</p>	<p><b>12</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Scott</p> <p>PILATES: 8:30 am Dawn</p>	<p><b>13</b></p> <p>POWERSPIN: 8:30 am Nicole</p>
<b>14</b>	<p><b>15</b></p> <p>SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Nicole</p> <p>PILATES: 8:30 am Dawn</p>	<p><b>16</b></p> <p>YOGAFLOW: 9:50 am Tara</p> <p>SPIN: 5:30 pm Jacquie</p> <p>PILATES: 5:30 pm Mimi</p>	<p><b>17</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Jacquie 5:30 pm Nicole</p> <p>PILATES: 8:30 am Mimi</p> <p>YOGA: 5:30 pm Tara</p>	<p><b>18</b></p> <p>SPIN: 8:45 am Jill</p> <p>PILATES: 5:30 pm Jacquie</p>	<p><b>19</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Sarah</p> <p>PILATES: 8:30 am Jacquie</p>	<p><b>20</b></p> <p>POWERSPIN: 8:30 am Jacquie</p>
<b>21</b>	<p><b>22</b></p> <p>SPIN: 5:30 am Scott 9:00 am Sarah 5:30 pm Nicole</p> <p>PILATES: 8:30 am Mimi</p>	<p><b>23</b></p> <p>YOGAFLOW: 9:50 am Tara</p> <p>SPIN: 5:30 pm Jacquie</p> <p>PILATES: 5:30 pm Mimi</p>	<p><b>24</b></p> <p>SPIN: 5:30 am Scott 9:00 am Mimi 5:30 pm Joan</p> <p>PILATES: 8:30 am Dawn</p> <p>YOGA: 5:30 pm Tara</p>	<p><b>25</b></p> <p>SPIN: 8:45 am Mimi</p> <p>PILATES: 5:30 pm Jacquie</p>	<p><b>26</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Sarah</p> <p>PILATES: 8:30 am Dawn</p>	<p><b>27</b></p> <p>POWERSPIN: 8:30 am Scott</p>
<b>28</b>	<p><b>29</b></p> <p>SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Nicole</p> <p>PILATES: 8:30 am Dawn</p>	<p><b>30</b></p> <p>YOGAFLOW: 9:50 am Tara</p> <p>SPIN: 5:30 pm Jacquie</p> <p>PILATES: 5:30 pm Mimi</p>	<p><b>31</b></p> <p>SPIN: 5:30 am Nicole 9:00 am Sarah 5:30 pm Nicole</p> <p>PILATES: 8:30 am Mimi</p> <p>YOGA: 5:30 pm Tara</p>			