



Salisbury's
Finest
Fitness
Facility



SPINNING &
PILATES
SCHEDULE

July 2010

Studio 2 & 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SPIN: 8:45 am Jill PILATES: 5:30 pm Jacquie	2 SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Sarah PILATES: 8:30 am Dawn	3 POWER SPIN: 8:30 am Scott
4 Happy 4th of July! 	5 POWER SPIN: 8:30 am Jill	6 POWER SPIN: 5:30 pm Jacquie PILATES: 5:30 pm Mimi	7 SPIN: 5:30 am Nicole 9:00 am Jill 5:30 pm Joan PILATES: 8:30 am Dawn YOGA: 5:30 pm Chrys	8 SPIN: 8:45 am Scott PILATES: 5:30 pm Jacquie	9 SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Sarah PILATES: 8:30 am Dawn	10 POWER SPIN: 8:30 am Scott
11	12 SPIN: 5:30 am Scott 9:00 am Jill 5:30 pm Nicole PILATES: 8:30 am Mimi	13 POWER SPIN: 5:30 pm Jacquie PILATES: 5:30 pm Dawn	14 SPIN: 5:30 am Nicole 9:00 am Mimi 5:30 pm Scott PILATES: 8:30 am Dawn YOGA: 5:30 pm Chrys	15 SPIN: 8:45 am Jill PILATES: 5:30 pm Jacquie	16 SPIN: 5:30 am Jill 9:00 am Nicole 5:30 pm Jacquie PILATES: 8:30 am Mimi	17 POWER SPIN: 8:30 am Nicole
18	19 SPIN: 5:30 am Jill 9:00 am Mimi 5:30 pm Nicole PILATES: 8:30 am Dawn	20 POWER SPIN: 5:30 pm Jacquie PILATES: 5:30 pm Dawn	21 SPIN: 5:30 am Jill 9:00 am Nicole 5:30 pm Sarah PILATES: 8:30 am Dawn YOGA: 5:30 pm Chrys	22 SPIN: 8:45 am Jill PILATES: 5:30 pm Jacquie	23 SPIN: 5:30 am Nicole 9:00 am Jill 5:30 pm Sarah PILATES: 8:30 am Dawn	24 POWER SPIN: 8:30 am Jacquie
25	26 SPIN: 5:30 am Jill 9:00 am Mimi 5:30 pm Sarah PILATES: 8:30 am Jacquie	27 POWER SPIN: 5:30 pm Jacquie PILATES: 5:30 pm Mimi	28 SPIN: 5:30 am Mike 9:00 am Jill 5:30 pm Joan PILATES: 8:30 am Mimi YOGA: 5:30 pm Chrys	29 SPIN: 8:45 am Jill PILATES: 5:30 pm Jacquie	30 SPIN: 5:30 am Joan 9:00 am Jill 5:30 pm Sarah PILATES: 8:30 am Mimi	31 POWER SPIN: 8:30 am Jacquie