



**CLASSES SCHEDULE**  
as of 07/01/2017

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Fundamental Fitness		Fundamental Fitness		Fundamental Fitness	
6:30	6-7AM		6-7AM		6-7AM	
7:00					Pound	
7:30					7-8AM	
8:00					Step Class	Pound
8:30					8-9AM	8-9AM
9:00	Yoga Fusion	Total Fitness	Yoga Fusion	Total Fitness	Yoga Fusion	Buns & Guns
9:30	9-10AM	9-10:15AM	9-10AM	9-10:15AM	9-10AM	9-10AM
10:00	Aerial Yoga		Yoga Sculpt			
10:30	10:15-11:15AM		10:15-11:15AM	Stretch & Relax		
11:00		Yoga Sculpt		10:30-11:30AM		Pound
11:30		10:45-11:45 AM		Aerial Yoga		11AM-12PM
12:00 PM				11:30AM- 12:30 PM		Martial Arts
12:30						12-1PM
1:00	Strength Training		Strength Training		Strength Training	
1:30	1-2PM		1-2PM		1-2PM	
2:00						
2:30						
3:00						
3:30						
4:00	Stretch&Relax	Tumbling				
4:30	4-5PM	4-5PM	Martial Arts			
5:00			4:30-5:30PM	Martial Arts 5-6PM	Zumba	
5:30	Yoga Fusion	5-6PM	Yoga Fusion	Zumba 5:30-6:30	5-6PM	
6:00	5:30-6:30PM	Fundamental	5:30-6:30PM	Fundamental Fitness		
6:30	*Buns & Guns	Fitness 6-7PM	*Buns & Guns	6-7PM		
7:00	6:30-7:30PM	Cross Circuit	6:30-7:30PM	Pound Fitness		
7:30	Zumba	7-8PM	Pound	7-8PM		
8:00	7:30-Close		7:30-8PM			

\* Summer Only - Buns & Guns will be held outside at 6PM (Weather Permitting) Please call with questions if interested.

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