

Main Floor August Fitness Schedule

BellaMorphosis 1410 Langley Ave. 722-0413

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Tread & Shed Sharon	Weigh Hard Cardio Sharon	Powertone Sharon	Weigh Hard Cardio Sharon	Tread & Shed Sharon	
5:30 AM	Rock Bottom Sharon	Washboard Abs Sharon		Pilates Abs Sharon	Rock Bottom Sharon	
8:00 AM		Cycle Blast Marilou		Cycle Blast Marilou		
8:30 AM	BOSU Cardio Challenge Tammy	Powertone Marilou	Cycle & Cardio Blast Tammy	Powertone Marilou	Step Sharon *no class 8/14	
9:30 AM	Powertone Kerri	Step Tammy Pilates Kerri	Butts & Gutts Tammy	Step Tammy Pilates Kerri	Powertone Sharon *no class 8/14	
10:30 AM	Step Gena *no class 8/10	Tammy Butts & Gutts		Tammy Butts & Gutts		
11:30 AM	Butts & Gutts Gena *no class 8/10				Ultimate Conditioning Kerri	
4:00 PM	BOSU Beth	Powertone Beth	Cardio Box Lisa	Powertone Beth	Mix It Up Beth	
5:00 PM	Butts & Gutts Jane Water Aerobics Beth	Step box Beth	Zumba Olive Water Aerobics Jane	Step Jane Water Aerobics Beth	Abs & Relax Beth	

**Schedule may change. Please watch the board at Bella for any changes.

**No 5 & 5:30AM classes August 10-14 & 24-28