

Muscle Memory Personal & Group Training

www.musclememory.ca

February 27th – April 21st, 2011 SCHEDULE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am or	Indoor Boot Camp (M/W/F) Dave New! Spinning Lisa		Indoor Boot Camp (M/W/F) Rob Spinning Megan		Indoor Boot Camp (M/W/F) Megan/Rob	
7:00am		Power 30 (Tues/Thurs) Rob		Power 30 (Tues/Thurs) Jen		
8am	Titleist Performance Golf Fit Rob					Fat Burner Megan Spinning Rob
9:00 or 9:30am	Fat Burner Jen 9:30am G.I. Jane Shannon	Fat Burner Mike 9:30am Abs, Glutes & Thighs Jen	Fat Burner Jen Boot camp Rob	Fat Burner Jen 9:30am G.I. Jane Shannon	Fat Burner Shannon Spinning Lisa	Fat Burner Megan New! 9:15am Spin-Strength Lisa
5pm	<i>Fat Burner (Punch Pass)</i> Jen		<i>Fat Burner (Punch Pass)</i> Jen		<i>Fat Burner (Punch Pass)</i> Steve	
6pm or 6:45pm	Fat Burner Jen 6:15 TNT (Trim n' Tone) Debbie	6:45 Spin-Strength Lisa	Fat Burner Rob <i>Spinning (Punch Pass)</i> Shannon	Spinning Shannon		
7pm or 7:15pm or 7:20pm	7:20 Abs, Glutes & Thighs Debbie		Fat Burner Megan	<i>Fat Burner (Punch Pass)</i> Mike 7:15pm Beer League Rob		

All classes and times are subject to change and cancellation

All Punch Pass class are listed in red (\$119 + HST for an 8-class Punch Pass)

Warning: Group Personal Training at Muscle Memory is seriously Fun and can be addictive.