

Muscle Memory Personal & Group Training

www.muslcmemory.ca

November 7th – December 24th, 2011 SCHEDULE

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