

METAZONE Fitness Training Spring Schedule Summer 2010

Pepsi Ice Midwest Studio A/B

www.metazonetraining.com

www.icemidwest.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|--------|
| 5:30A-6:30 I.C.E. <i>Lora</i> (cycle/yoga) | 5:30A-6:30A Metaburn Drills <i>Lora</i> | 5:30A-6:30 BODY PUMP <i>Anne</i> | 5:30A-6:30A Body Flow <i>Lora</i> | 5:30A-6:30 PURE I.C.E. <i>Lora</i> (cycle) | 8:00A-9:00A BODY PUMP <i>Lora</i> | |
| 9:15A-10:10 BODY VIVE <i>Anne</i> | | | 9:15A-10:10 BODY VIVE <i>Lora</i> | | 9:00A-9:30A Cardio Express <i>Lora</i> | |
| 5:30P-6:30 BODY PUMP <i>Anne/ Lora</i> | | 5:30P-6:30 Body Flow <i>Lora</i> | | | | |

Classes subject to change- please check website for latest announcements or call 913-851-1600

