

*Hot Mamas Group X Schedule*

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[www.hotmamasbootcamp.com](http://www.hotmamasbootcamp.com)

**Beginning January 9, 2012**

Mon	Tues	Wed	Thu	Fri	Sat
<b>8:45-9:45am</b> <b>Girlpower</b> <b>Athena</b>	<b>8:45-9:45am</b> <b>Turbokick</b> <b>JByrd</b>	<b>8:45-9:45am</b> <b>Turbo/Power</b> <b>Athena</b>	<b>8:45-9:45am</b> <b>Zumba!</b> <b>Eryca</b>	<b>8:45-9:15am</b> <b>TurboExpress</b> <b>Athena</b>	<b>8:00-9:00am</b> <b>GirlPower</b> <b>Rotating Instructor</b>
				<b>9:15-10:15am</b> <b>Girlpower</b> <b>Holly</b>	<b>9:00-10:00am</b> <b>Zumba</b> <b>Marie</b>
<b>4:30-5:30pm</b> <b>Turbokick</b> <b>JByrd</b>		<b>4:30-5:30pm</b> <b>Turbo/Power</b> <b>JByrd</b>		<b>430-5:30pm</b> <b>Zumba</b> <b>Marie</b>	
<b>5:30-6:30pm</b> <b>Girlpower</b> <b>JByrd</b>	<b>5:30-6:30pm</b> <b>Hot Flash</b> <b>Athena</b>	<b>5:30-6:30pm</b> <b>Zumba!</b> <b>Marie</b>	<b>5:30-6:30pm</b> <b>Turbokick</b> <b>Athena</b>		
		<b>6:30-7:30pm</b> <b>Pole Fitness</b> <b>(1<sup>st</sup> Wed. of each month)</b> <b>Holly</b>			