

# Gorham Fitness Studio Group Exercise Schedule

## July 6th - August 31st 2009

	Mon	Tues	Wed	Thur	Fri	Sat
	6am Cardio Kickboxing	6am Booty, Core and More	6am Outdoor Bootcamp	6am Booty, Core and More		
	9:00am Family Bootcamp	9:00am Family Bootcamp	9:00am Family Bootcamp	9:00am Family Bootcamp		9:00am Family Bootcamp
	9:00am Booty, Core & More	9:00am Booty, Core & More	9:00am Booty, Core & More	9:00am Booty, Core & More		9:00am Booty, Core & More
	4pm Circuit Tone	4pm Low Impact Tone	4pm Circuit Tone	4pm Low Impact Tone		10am Zumba
				5:30pm Kettlebell		
		6:30pm Booty, Core & More		6:30pm Booty, Core & More	6:30pm Zumba	
	7:30pm Men's Bootcamp		7:30pm Men's Bootcamp			