



JANUARY 2012

7101 Glenwood Avenue Raleigh NC 27612 919 510 6994

Club Hours M-Th 5am-11pm Fri 5am-10pm Sat & Sun 8am - 7pm

Kidz Club Hours M-Th 8:30am- 1pm & 3pm-8:30pm Fri 830am-1pm & 3pm-7pm Sat 815am- 1145am Sun 3pm-530pm

2 Monday			3 Tuesday			4 Wednesday			5 Thursday			6 Friday			1 Sunday		
5:45 AM RPM	Monica		6:00 AM BODYPUMP XP	Erica		6:00 AM Cycle XP	Wendy		5:45 AM RPM 30 NEW!	Monica		6:00 AM BODYPUMP XP	Erica		8:30 AM RPM	Anita	
9:30 AM RPM	Naomi		9:30 AM SH'BAM	Sonia		9:30 AM BODYPUMP	Erica		6:15 AM CXWORXS NEW!	Monica		9:30 AM BODY PUMP	Ellen		9:30 AM Yoga	Anita	
10:35 AM BODYPUMP	Erica		12:00 PM RPM	Sonia		10:35 AM RPM	Raynell		9:30 AM RPM	Naomi		10:40 AM BODYFLOW	Ellen		10:30 AM Turbo Kick	Davina	
5:30 PM SH'BAM	Naomi		5:30 PM BODYPUMP	Monica		5:20 PM CXWORXS NEW!	Monica		10:35 AM SH'BAM	Naomi		5:30 PM RPM	Issy		Technique		
6:00 PM RPM	Michael		5:30 PM RPM	Raynell		6:00 PM BODYJAM	Marie		12:00 PM BODYPUMP	Aiyo		RPM TECHNIQUE					
6:25 PM BODYPUMP	Aiyo		6:35PM CXWORXS NEW!	Monica		6:00 PM RPM 60	Monica		5:30 PM RPM	Monica		5:45 PM Zumba	Elena		8 Sunday		
7:30 PM BODYFLOW	Marianne		7:00 PM Turbo Kick NEW!	Davina		7:00 PM BODYFLOW	Wendy		5:45 PM Cardio Tone	Wendy					9:30 AM RPM NEW!!	Roger	
						7:00 PM BODYFLOW	Wendy		6:35 PM BODYPUMP	Wendy					12:00 PM Introduction to Group Fitness	Naomi	
															4:00 PM BODYPUMP	Carolyn	
9 Monday			10 Tuesday			11 Wednesday			12 Thursday			13 Friday			14 Saturday		
5:45 AM RPM	Naomi		6:00 AM BODYPUMP XP	Erica		6:00 AM Cycle XP	Wendy		5:45 AM RPM 45 NEW!	Naomi		6:00 AM BODYPUMP XP	Erica		8:30 AM RPM	Anita	
9:30 AM RPM	Monica		9:30 AM SH'BAM	Sonia		9:30 AM BODYPUMP	Erica		9:30 AM RPM	Monica		9:30 AM BODY PUMP	Ellen		9:30 AM Yoga	Anita	
10:35 AM BODYPUMP	Erica		12:00 PM RPM	Sonia		10:35 AM RPM	Raynell		10:35 AM SH'BAM	Monica		10:40 AM BODYFLOW	Ellen		10:30 AM Turbo Kick	Davina	
5:30 PM SH'BAM	Monica		5:30 PM BODYPUMP	Monica		5:20 PM CXWORXS NEW!	Monica		12:00 PM BODYPUMP	Aiyo		5:30 PM RPM	Issy				
6:00 PM RPM	Michael		5:30 PM RPM	Raynell		6:00 PM BODYJAM	Marie		5:30 PM RPM	Monica		5:45 PM Zumba	Elena				
6:25 PM BODYPUMP	Aiyo		6:00PM Acupuncture For Athletic Performance & Weightloss Talk			6:00 PM RPM 60	Monica		5:45 PM Cardio Tone	Wendy							
7:30 PM BODYFLOW	Marianne		6:35PM CXWORXS NEW!	Monica		7:00 PM BODYFLOW	Wendy		6:35 PM BODYPUMP	Wendy							
			7:00 PM Turbo Kick	Davina					6:35 PM BODYPUMP	Wendy							
			Technique						TECHNIQUE								
16 Monday			17 Tuesday			18 Wednesday			19 Thursday			20 Friday			21 Saturday		
5:45 AM RPM	Monica		6:00 AM BODYPUMP XP	Erica		6:00 AM Cycle XP	Wendy		5:45 AM RPM 30 NEW!	Monica		6:00 AM BODYPUMP XP	Erica		8:30 AM RPM	Anita	
9:30 AM RPM	Naomi		9:30 AM SH'BAM	Sonia		9:30 AM BODYPUMP	Erica		6:15 AM CXWORXS NEW!	Monica		9:30 AM BODY PUMP	Ellen		9:30 AM Yoga	Anita	
10:35 AM BODYPUMP	Erica		12:00 PM RPM	Sonia		10:35 AM RPM	Raynell		9:30 AM RPM	Naomi		10:40 AM BODYFLOW	Ellen		10:30 AM Turbo Kick	Davina	
5:30 PM SH'BAM	TEAM		5:30 PM BODYPUMP	Monica		5:30 PM CX WORXS LAUNCH	TEAM		10:35 AM SH'BAM	Naomi		5:30 PM RPM	Issy				
6:00 PM RPM	Michael		5:30 PM RPM	Raynell		6:00 PM BODYJAM	TEAM		12:00 PM BODYPUMP	Aiyo		5:45 PM Zumba	Elena				
6:25 PM BODYPUMP	TEAM		6:00PM Acupuncture For Athletic Performance & Weightloss Talk			6:00 PM LAUNCH	TEAM		5:30 PM RPM	Monica							
7:30 PM BODYFLOW	Marianne		6:35PM CXWORXS NEW!	Monica		6:10 PM RPM	TEAM		5:45 PM Cardio Tone	Wendy							
			7:00 PM Turbo Kick NEW!	Davina		6:10 PM LAUNCH	TEAM		6:35 PM BODYPUMP	Wendy							
						7:10 PM BODYFLOW	TEAM										
						LAUNCH											
23 Monday			24 Tuesday			25 Wednesday			26 Thursday			27 Friday			28 Saturday		
5:45 AM RPM	Monica		6:00 AM BODYPUMP XP	Erica		6:00 AM Cycle XP	Wendy		5:45 AM RPM 30 NEW!	Monica		6:00 AM BODYPUMP XP	Erica		8:30 AM RPM	Anita	
9:30 AM RPM	Naomi		9:30 AM SH'BAM	Sonia		9:30 AM BODYPUMP	Erica		6:15 AM CXWORXS NEW!	Monica		9:30 AM BODY PUMP	Ellen		9:30 AM Yoga	Anita	
10:35 AM BODYPUMP	Erica		12:00 PM RPM	Sonia		10:35 AM RPM	Raynell		9:30 AM RPM	Naomi		10:40 AM BODYFLOW	Ellen		10:30 AM Kickboxing	Davina	
5:30 PM SH'BAM	Naomi		5:30 PM BODYPUMP	Monica		5:20 PM CXWORXS NEW!	Monica		10:35 AM SH'BAM	Monica		5:30 PM RPM	Issy		10:30 AM Turbo Kick		
6:00 PM RPM	Michael		5:30 PM RPM	Raynell		6:00 PM BODYJAM	Naomi		12:00 PM BODYPUMP	Aiyo		5:45 PM Zumba	Elena				
6:25 PM BODYPUMP	Aiyo		6:35PM CXWORXS NEW!	Monica		6:00 PM RPM 60	Monica		5:30 PM RPM	Monica							
7:30 PM BODYFLOW	Naomi		7:00 PM Turbo Kick NEW!	Davina		7:00 PM BODYFLOW	Wendy		5:45 PM Cardio Tone	Wendy							
									6:35 PM BODYPUMP	Wendy							
30 Monday			31 Tuesday														
5:45 AM RPM	Monica		6:00 AM BODYPUMP XP	Erica													
9:30 AM RPM	Naomi		9:30 AM SH'BAM	Sonia													
10:35 AM BODYPUMP	Erica		12:00 PM RPM	Sonia													
5:30 PM SH'BAM	Naomi		6:35PM CXWORXS NEW!	Monica													
6:00 PM RPM	Michael		5:30 PM RPM	Raynell													
The Race of Truth			6:35PM CXWORX	Monica													
6:25 PM BODYPUMP	Aiyo		7:00 PM Turbo Kick	Davina													
7:30 PM BODYFLOW	Marianne																



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM				KETTLEBELL / TRX COMBO (LEE)		
10:30 AM-11:30 AM	BOXING (REMY)	BOXING (REMY)	KETTLEBELL / BOXING (LEE/REMY)	BOXING (REMY)	BOXING (REMY)	10:00 AM BRAZILIAN JIU-JITSU (NO-GI) MIX (TODD)
12:00 PM to 1:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
	BRAZILIAN JIU-JITSU (GI) MIX (TODD)	BRAZILIAN JIU-JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU-JITSU (GI) MIX (TODD)	BRAZILIAN JIU-JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU-JITSU (GI) CLINIC (TODD)	12:00AM KETTLEBELL / TRX COMBO (LEE)
1:00 PM to 1:30 PM	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	
3:30 PM-4:30 PM		KIDS BOXING (REMY)		KIDS BOXING (REMY)		
4:00 PM-5:00 PM	SHIELD KIDS ANIMALS (GI) (TODD)		SHIELD KIDS ANIMALS (NO GI) (TODD)			
5:00 PM-6:00 PM	SHIELD KIDS COMBATIVES (GI) (TODD)		SHIELD KIDS COMBATIVES (GI) (TODD)			
5:00 PM-6:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
6:00 PM to 7:00 PM	BRAZILIAN JIU-JITSU (GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (GI) CLINIC (TODD)	
	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	
7:00 PM		KETTLEBELL / TRX COMBO (LEE)	STRENGTH AND CONDITION (LEE)	KETTLEBELL / TRX COMBO (LEE)		
7:00 PM to 8:00 PM		MUAY THAI SPARRING (JOHNNY)	MUAY THAI SPARRING (JOHNNY)			
		BOXING (REMY)		BOXING (REMY)		
8:00 PM	BRAZILIAN JIU-JITSU (GI) INT. (TODD)	BRAZILIAN JIU-JITSU (GI) Competition Team (TODD)	BRAZILIAN JIU-JITSU (GI) INT. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) Competition Team (TODD)	BRAZILIAN JIU-JITSU (GI) INT. CLINIC (TODD)	
8:00 PM to 9:00 PM	BJJ SPARRING		BJJ SPARRING			