

Supreme Sports group fitness classes

Updated and effective **July 1-Aug 8, 2010**. Schedules change on the first day of each month. Visit facilities or go to ColumbiaAssociation.org and click on Classes for updated schedules. Check-in required 10 min before BodyPump, 5 min before all other PPP classes. Shaded classes are for Package Plan Plus members only. **Schedule subject to change.** 410-381-5355

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:15 am		BodyStep™ Studio 1							
6:15 am									
7:45 am						Yoga I/II (70 min) Yoga Studio • 7/1-8/8			
8:00 am	Body Pump™ Studio 1		Body Pump™ Studio 1			BodyPump™ Studio 1			
8:45 am							BodyStep™ Studio 2		
8:45 am							Body Pump™ Studio 1		
9:00 am						Express Step Combo (9:05am) Studio 1			
9:30 am			Express Abs+ Studio 2		Body Pump™ Studio 1				
9:30 am	Rock and Roll+ Studio 1	Total Conditioning Studio 1	Kick Boxing+ Studio 1	Total Conditioning Studio 1	Kick Boxing (9:45am) Studio 2				
10:00 am						Body Pump™ Studio 1	Tae Bo™ Studio 1		
10:15 am									
10:30 am	Basic Aerobics Studio 2		Basic Aerobics Studio 2						
10:45 am		Body Pump™ Studio 1		Body Pump™ Studio 1	Basic Aerobics Studio 1				
11:00 am	Updated schedules available at the front desk and at ColumbiaAssociation.org.					Tae Bo™ Arena			
11:30 am									
12:00pm								Zumba® (45 min) Arena	
1:00 pm									
1:30 pm									
4:45 pm									
5:00 pm									
5:30 pm	BodyStep™ Studio 1 Yoga I Yoga Studio	Step Interval Studio 1		Step Combo (5:35pm) Studio 1					
5:45 pm			Zumba™ Arena						
6:00 pm									
6:00 pm			BodyStep Studio 1						
6:15 pm									
6:30 pm	Half and Half Studio 1	Zumba™ Studio 1							
6:45 pm	Yoga I/II Yoga Studio				Tae Bo™ (6:50pm) Arena				
7:00 pm	Express Abs Studio 2	Tae Bo™ Arena							
7:15 pm				Yoga I Yoga Studio					
7:30 pm	Rhythm & Flow Studio 1	Power Flow Yoga II (80 min) T'ai Chi I/II* Studio 2	Express Abs+ Studio 2 Body Pump™ Studio 1, 7:35pm						
7:45 pm		Body Pump™ Studio 1		Body Pump™ Studio 1, 7:50pm					
8:00 pm	Ashtanga Yoga 90 min, Yoga Studio								
8:15 pm									