



## Winter 2010 Schedule

### GROUP TRAINING EXPERIENCES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 am <b>ROWCORE</b> Lisa		5:30 am <b>CARDIO CRAZE</b> Laura			
6:00 am <b>MONDAY MADNESS</b> Steve		6:00 am <b>WICKED WEDNESDAY</b> Steve				
					8:00 am <b>SATURDAY SLAUGHTER</b> Jeff	8:30 am <b>SUNDAY CHALLENGE</b> Angela
9:15 am <b>CYCLE</b> Laura	9:15 am <b>CORE DISRUPTION</b> Lisa	9:15 am <b>THE BOB</b> best of bodyco Jeff	9:15 am <b>MUSCLE CONFUSION</b> Jesse	9:15 am <b>RIDE AND ROW</b> Jeff		
	5:30 pm <b>BODYCO BLEND</b> Lisa		5:30 pm <b>CYCLE BLAST</b> Lisa			

The Winter 2010 group experiences schedule is effective January 4, 2010. Reservations recommended for all group experiences. Stop by, call us at (978) 777-7741 or go online to [bodycofit.com](http://bodycofit.com) to make a reservation. 24-hour cancellation required.