

Commotion Fall 2011 Fitness Schedule

August 29th- December 18th

Day	Time	Class	Instructor	Day	Time	Instructor
Zumba				Cage Fitness		
Mon.	10:00-11:00	Zumba	Dawn	Mon.	7:00-7:30	Eric
Mon.	6:30-7:30	Zumba	Dawn	Mon.	7:30-8:00	Eric
Wed.	10:00-11:00	Zumba	Dawn	Tues.	10:00-10:30 AM	Eric
Wed.	6:30-7:30	Zumba	Nasha	Wed.	12:15-12:45 PM	Eric
Thurs.	5:30-6:30	Zumba	Bonnie	Wed.	7:30-8:00	Eric
Thurs.	7:30-8:30	Z. Toning	Dawn	Wed.	8:00-8:30	Eric
Fri.	10:00-11:00	Zumba	Bonnie	Thurs.	10:00-10:30 AM	Eric
Sat.	10:30-11:30	Zumba	Nasha	Fri.	12:15-12:45 PM	Eric
				Sat.	10:00-10:30	Eric
				Sat.	1:30-2:00	Eric
Pilates Reformer				TRX		
Mon.	10:00-11:00	Beginner	Bonnie	Mon.	11:00-11:30 AM	Eric
Mon.	11:00-12:00	Beg. Interm.	Bonnie	Mon.	6:30-7:30 PM	Eric
Mon.	12:15-1:15	Advanced	Bonnie	Mon.	8:00-8:30 PM	Eric
Mon.	5:30-6:30	Beginner	Kris	Wed.	11:00-11:30 AM	Eric
Mon.	6:30-7:30	Beginner	Kris			
Mon.	7:30-8:30	Intermediate	Kris			
Tues.	10:00-11:00	Advanced	Bonnie	HyperGravity		
Tues.	11:00-12:00	Beginner	Bonnie	Call or come in to schedule an appointment		
Wed.	11:00-12:00	Intermediate	Bonnie			
Wed.	12:00-1:00	Advanced	Bonnie			
Wed.	6:30-7:30	Intermediate	Bonnie			
Wed.	7:30-8:30	Advanced	Bonnie			
Thurs.	10:00-11:00	Beginner	Kris			
Thurs.	11:00-12:00	Beginner	Kris			
Thurs.	6:30-7:30	Beginner	Kris			
Fri.	11:00-12:00	Beginner	Bonnie			
Sat.	9:30-10:30	Intermediate	TBA			
Sat.	10:30-11:30	Beginner	TBA			
13097 Wisteria Drive, Germantown 301-515-8908						
www.commotiondance.com © commotion.me@gmail.com						