Group X Classes

Monday

TIME		CLASS	INSTRUCTOR
9:00 AM	10:00 AM	Power Pump	Sassy Giles
10:00 AM	11:00 AM	Dance Fitness	Leigh Meinzer
11:00 AM	12:00 PM	Yoga+	John Wisher

Tuesday

TIME		CLASS	INSTRUCTOR
9:00 AM	10:00 AM	Pilates / Barre fusion	Megan Clark
10:00 AM	11:00 AM	Zumba	Julianne Denney
11:00 AM	11:30 AM	Barre	Julianne Denney

Wednesday

TIME		CLASS	INSTRUCTOR
9:00 AM	10:00 AM	Bootcamp	Charlotte Ludik
4:30 PM	5:30 PM	Zumba	Julianne Denney

Thursday

TIME		CLASS	INSTRUCTOR
9:00 AM	10:00 AM	Cardio Boxing	Sassy Giles

Friday

TIME		CLASS	INSTRUCTOR
9:00 AM	10:00 AM	Pilates	Megan Clark
10:00 AM	11:00 AM	Beginner Yoga	John Wisher
11:00 AM	12:00 PM	Zumba	Julianne Denney

If you need to insert more time slots for a specific day right
number on the left hand side. Choose to either insert above
below the current selected row. You can now click on each
the blank field to fill it with the information you choose.

To remove a row from a day simply right click the correspo
number on the far left and click delete row.

To print, click, hold and drag from the heading down to the
of the report. Once you have the cells you want to print sel
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where you will click the print field to show a drop down mer
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