



2005 E 2700 S
Salt Lake City, Utah 84109
(801) 486-1122
www.dashfitnessstudios.com

Monday

Time	Class	Instructor
6:00 AM	Body Pump®	Laura & Brianne
6:00 AM	Obsidian® Level II	Lacey (studio 2)
9:00 AM	Zumba	Trish (studio 1)
9:00 AM	Obsidian® Level II	Erin (studio 2)
5:30 PM	Body Pump®	April & Kristi
6:30 PM	Body Step®	April & Kristi

Tuesday

Time	Class	Instructor
6:00 AM	Body Step®	Laura & Kara
9:00 AM	Body Pump®	Erin & Lacey
5:30 PM	Body Combat®	Erin & Abbie
6:30 PM	Obsidian® Level II	Erin (studio 2)
6:30 PM	Zumba®	Emily
7:30 PM	Yoga	Linnea (studio 1)

Wednesday

Time	Class	Instructor
6:00 AM	Body Pump®	Linnea & Brianne (studio 1)
6:00 AM	Obsidian® Level II	Lacey (studio 2)
9:00 AM	Obsidian® Level II	Erin
4:00 PM	Obsidian® Level I	Pat
5:30 PM	Body Step®	Kristi & April
6:30 PM	Body Pump®	Kristi & Ramsi
6:30 PM	Obsidian® Level I	Pat

Thursday

Time	Class	Instructor
6:00 AM	Body Combat®	Linnea & Catherine
9:00 AM	Zumba	Trish
5:30 PM	Zumba®	Jocie
5:30 PM	Obsidian® Level II	Lacey (studio 2)
6:30 PM	Body Combat®	Lacey & Natalie
6:30 PM	Obsidian® Level I	Linnea
7:30 PM	Yoga	Linnea (studio 1)

Friday

Time	Class	Instructor
6:00 AM	Body Pump/Step	April & Laura
7:00 AM	Obsidian® Level I	Pat
9:00 AM	Body Combat®	Linnea & Erin

Saturday

Time	Class	Instructor
7:00 AM	Body Step®	Kara & Kristi
7:00 AM	Obsidian® Level II	April (studio 2)
8:00 AM	Body Pump®	April & Lacey
9:00 AM	Body Combat®	Lacey & April
10:00 AM	Zumba®	Katty

*****January 23rd 2012*****

Reservations can be made on line and are required for Obsidian. 24 hour cancellation policy enforced.