

Paula Davis Instruction Schedule for Universal Fitness

All questions for Paula call 404-0568

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15AM			SPIN Universal		SPIN Universal
7:00AM			Abs, Core and More Universal		Abs, Core and More Universal
8:30AM	Yogalates FIT 4 EVER STUDIO		Yogalates FIT 4 EVER STUDIO		Yogalates FIT 4 EVER STUDIO
12:00PM	Purdue Staff at Purdue		Purdue Staff at Purdue		Purdue Staff at Purdue
5:00PM					Abs, Core and More Universal
5:15PM		SPINNERS CLUB Universal		SPINNERS CLUB Universal	
5:30PM	SPINNERS CLUB Universal		SPINNERS CLUB Universal		Cardio Power Universal
5:45PM					
6:00PM		NEXT LEVEL FITNESS Universal		NEXT LEVEL FITNESS Universal	
6:15PM	YOGALATES BASIC Universal		YOGALATES BASIC Universal		
7:00PM	Fitness Boot Camp Morton Ctr	fusion (yoga/pilates) Morton Ctr	Fitness Boot Camp Morton Ctr	fusion (yoga/pilates) Morton Ctr	
7:30PM					<i>exotic cardio</i> FIT 4 EVER STUDIO

GREEN: Next Level Fitness Class - PAY PER CLASS at Universal , register and pay Paula
Group Fitness Training (by appt)-PAY PER SESSION, min. class size is 3 ppl; Sessions vary

PINK: Classes at Fit 4 Ever Studio, 1201 Main Street, Lafayette, IN

YELLOW: WHP

BLUE: Basic Classes with membership

Fitness Bootcamp, Morton Center

All classes are subject to minimum participation level at the instructor/trainers discretion