

2026
 Strong B.A.N.D.S
 Aerobathon Sign-up Sheet
 May 16, 2026

Classes are 20 minutes long		
Time	Instructor	Class
8:30:- 8:50 AM	Kim	Yoga
Tear Down/Set-up		
9:00 - 9:20 AM	Kim	Power Cut
Tear Down/Set-up		
9:30 - 9:50 AM	Kim	Cycle
Tear Down/Set-up		
10:00 - 10:20 AM	Tara	Body Pump
Tear Down/Set-up		
10:30 - 10:50 AM	Leslie	Fire Flow
Tear Down/Set-up		
11:00-11:20 AM	Leslie	Slow Flow Yoga
Tear Down/Set-up		
11:30 - 11:50 AM	Brandie	Gentle Yoga
Tear Down/Set-up		
12:00 - 12:20 PM		