

Group X Fitness Class Schedule ****March 1st****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Spin Gina - Studio C	5:15 AM Bootcamp Gina - Court 1	5:30 AM Spin Dawn - Studio C	5:30 AM Les Mills BodyPump Jen - Studio B	5:30 AM Yoga Susan - Studio A	8:00 AM Spin Deanna - Studio C	8:00 AM Les Mills BodyFlow Malise/Julie - Studio A
8:00 AM Spin Deanna - Studio C	8:00 AM (45 Min) Tabata Deanna - Court 1	8:00 AM Les Mills BodyFlow Deanna - Studio A	8:00 AM (45 Min) Tabata Deanna - Court 1	8:00AM Yogalatties Deanna - Studio A	8:00 AM Bootcamp Gina - Court 1	8:00 AM Spin Kayla - Studio C
9:00 AM Better Bar None Jill - Court 1	9:00AM Spin Jill - Studio C	8:00AM (45min) Strength Embrace Jill - Court 1	9:00 AM CRT Deanna - Court 1	8:00AM Spin Jill - Studio C	8:30 AM CX (30min) Nicole - Studio A	9:15 AM Les Mills BodyPump Malise/Julie - Studio A
9:15 AM Pilates Deanna - Studio A	9:00AM CRT Deanna - Court 1	9:00am Zumba Nicole - Court 1	6:15 PM Spin Rotating - Studio C	8:45 AM Les Mills BodyPump Jen - Studio B	9:15 AM Spin Gina - Studio C	
9:15 AM Les Mills BodyCombat Shannon - Studio B	9:00AM Zumba Nicole - Studio B	9:00 AM Les Mills BodyPump Jennifer - Studio B	6:00 PM Mix It Up Sharon - Studio A	9:15 AM (45 min) Power Core Deanna - Court 1	9:15 AM Les Mills BodyFlow Deanna - Studio A	Interval
10:30 AM Les Mills- BodyFlow Deanna - Studio A	6:15 PM Spin Dawn - Studio C	9:00 AM Spin Jill - Studio C	6:15 PM CX (30min) Nicole - Studio B	9:15 AM Les Mills BodyCombat Shannon - Studio A	9:15 AM Zumba Nicole - Court 1	Strength
6:15 PM Les Mills BodyPump Julie - Court 1	6:15 PM (45 min) Express Kettlebell Sharon - Kensington	9:15 AM Les Mills BodyFlow Deanna - Studio A	7:00 PM Zumba Nicole - Studio B	10:30 AM Tai Chi Joe - Studio A		Core/Abs
6:15 PM Spin Dawn/Malise - Studio C	7:15 PM Pilates Deanna - Studio A	5:30 PM (40 Min) HITT Gina - Kensington	7:15 PM Les Mills BodyFlow Deanna - Studio A	5:45 PM Les Mills BodyPump Julie - Studio A		Spin
6:30 PM 40 Min Blast Peggy - Studio B	7:15 PM Yoga Tammy - Kensington	6:15 PM Les Mills BodyPump Malise - Court 1				Cardio
7:30 PM Les Mills BodyFlow Malise - Studio A		6:30 PM 40 Min Blast Peggy - Studio B				Cardio Strength
		7:30 PM Les Mills BodyFlow Malise - Studio A				Zumba/Dance
						BodyFlow/Yoga



Classes with an average attendance of 4 or less are subject to cancellation.
 Schedule subject to change without notice. 3.3.2020