



March GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	BOOT CAMP Sadie Studio	STRENGTH Jeremiah Studio	HIIT Sadie Studio	SPIN Sadie Spin Studio	STRENGTH Sadie Studio		
8AM						YOGA Baddoura Studio	
9AM	AQUA Jeremiah Rec Pool BODY BLAST Sue Studio SPIN Kristy Spin Studio	POWER KADENCE Laurie Spin Studio Cardio Kickboxing Jackie Studio	AQUA Zona Rec Pool STRENGTH Oscar Studio	MAT PILATES Eve Studio	AQUA Eve Rec Pool SPIN Andy Studio TONE UP Zona Studio	AQUA Linda K. Rec. Pool (8:45 AM) MAT PILATES Tara Studio	CARDIO BARRE Sue/Laurie Studio SPIN Leland Spin Studio
10AM	AQUA Jeremiah Rec Pool YOGA Channon Studio	AQUA Linda K. Rec. Pool BODYFIT Tara Studio	AQUA Zona Rec Pool WELLNESS 3-IN-1 Sue Studio	AQUA Linda K. Rec. Pool BODYFIT Tara Studio	AQUA Carrie Rec Pool GENTLE STRETCH Jackie Studio	BODYFIT Tara Studio	
11:15AM	MAT PILATES Linda Studio	ZUMBA Evelyn Studio	YOGA Baddoura Studio			ZUMBA Rose Studio	
3PM	GENTLE STRETCH Jackie Studio						
4:15PM	TONE UP Zona Studio	MAT PILATES Linda Studio	CARDIO BARRE Laurie Studio	YOGA Channon Studio	WARRIOR Shayna Studio		
5:30PM	YOGA Nicole Studio SPIN & CORE Holly Spin Studio	ZUMBA Gina Studio SPIN Jenn Spin Studio	MAT PILATES Pari Studio SPIN Kathy Spin Studio	STRENGTH Oscar Studio SPIN & CORE Holly Spin Studio	ZUMBA Chela Studio		
6PM	AQUA Linda K. Rec. Pool			AQUA Nicole M. Rec. Pool (6:30pm)			