

GROUP FITNESS in STUDIO A  
Mar-19



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					6:15 RIDE Barb	8:55 BARS & BELLS Clovis
					9:30 4 X 4 Mandy	10:00 KICK Sam
	Changes to Schedule				11:15 ZUMBA Darolyn	11:15 RIDE/SCULPT Rachel
	Registered Classes				12:15 RIDE Clovis	
					4:30 CALORIE BLAST Clovis	
					5:30 ZUMBA Char	
3	4	5	6	7	8	9
	6:15 RIDE/SCULPT/YOGA Rebecca	8:30 RIDE/CORE/STRETCH Marci	6:15 BARS & BELLS Rachel	6:15 HIIT Jillian	6:15 RIDE Rebecca (Seminar D)	8:55 BARS & BELLS Clovis
9:00 ZUMBA Char	8:30 SCULPT Shelly	9:30 CIRCUIT Clovis	8:30 CIRCUIT Marci	9:30 CSY Marci	9:30 4 X 4 CANCELLED	10:00 KICK Sam
10:00 B & B Clovis	9:30 STEP INTERVAL Rachel	10:30 ZUMBA Darolyn	9:30 X TRAINING Rachel	11:15 GENTLE FIT Sam	11:15 ZUMBA CANCELLED	11:15 RIDE/SCULPT Rachel
11:00 HIGH FITNESS Lauren	12:00 RIDE Marci	11:15 GENTLE FIT Sam	12:00 RIDE/SCULPT Clovis	12:00 BARS & BELLS Clovis	12:15 RIDE Ulla (Seminar D)	
12:00 RIDE Shelly	1:15 GENTLE FIT Kailey	12:00 HIIT Marci	2:00 DRUMS ALIVE Darolyn	1:00 PACE Kailey	4:30 CALORIE BLAST Clovis (Fitness Area)	
	2:00 CLOGGING Darolyn	1:00 PACE Kailey	5:30 HIGH FITNESS Lauren	5:30 Ride/Sculpt/Stretch Enver (Seminar D)	5:30 ZUMBA Char (Fitness Area)	
	5:00 STRENGTH CIRCUIT Olivia	5:30 RIDE/SCULPT/YOGA Ulla	6:30 RIDE Rebecca	6:45 CALORIE BLAST Enver (Fitness Area)		
	6:15 RIDE Ulla	6:45 KICK Sam	7:45 BARS & BELLS Martha			
	7:15 CORE BOOT CAMP Martha					
10	11	12	13	14	15	16
	6:15 RIDE/SCULPT/YOGA Rebecca	8:30 RIDE/CORE/STRETCH Marci	6:15 BARS & BELLS Rachel	6:15 HIIT Jillian	6:15 RIDE Rebecca	8:55 BARS & BELLS Clovis
9:00 ZUMBA Char	8:30 SCULPT Ulla	9:30 CIRCUIT Clovis	8:30 CIRCUIT Marci	9:30 CSY Ulla	9:30 4 X 4 Marci	10:00 KICK Marci
10:00 B & B Clovis	9:30 STEP INTERVAL Rachel	10:30 ZUMBA Darolyn	9:30 X TRAINING Clovis	11:15 GENTLE FIT Sam	11:15 ZUMBA Darolyn	11:15 RIDE/SCULPT Marci
11:00 HIGH FITNESS Lauren	12:00 RIDE Rachel	11:15 GENTLE FIT Sam	12:00 RIDE/SCULPT Clovis	12:00 BARS & BELLS Clovis	12:15 RIDE Marci	
12:00 RIDE Chrissy	1:15 GENTLE FIT Kailey	12:00 HIIT Marci	2:00 DRUMS ALIVE Darolyn	1:00 PACE Kailey	4:30 CALORIE BLAST Clovis	
	2:00 CLOGGING Darolyn	1:00 PACE Kailey	5:30 HIGH FITNESS Lauren	2:00 LINE DANCING Darolyn	5:30 ZUMBA Char	
	5:00 STRENGTH CIRCUIT Olivia	5:30 RIDE/SCULPT/YOGA Ulla	6:30 RIDE Barb	5:30 Ride/Sculpt/Stretch Enver		
	6:15 RIDE Rebecca	6:45 KICK Sam	7:45 BARS & BELLS Martha	6:45 CALORIE BLAST Enver		
	7:15 CORE BOOT CAMP Martha					
17	18	19	20	21	22	23
	6:15 RIDE/SCULPT/YOGA Rebecca	8:30 RIDE/CORE/STRETCH Marci	6:15 BARS & BELLS Rachel	6:15 HIIT Jillian	6:15 RIDE Barb	8:55 BARS & BELLS Clovis
9:00 ZUMBA Char	8:30 SCULPT Ulla	9:30 CIRCUIT Clovis	8:30 CIRCUIT Marci	9:30 CSY Ulla	9:30 4 X 4 Mandy	10:00 X TRAINING Will
10:00 B & B Clovis	9:30 STEP INTERVAL Rachel	10:30 M 2 M Marci	9:30 X TRAINING Rachel	11:15 GENTLE FIT Sam	11:15 M 2 M Marci	11:15 RIDE/SCULPT Rachel
11:00 HIGH FITNESS Lauren	12:00 RIDE Rachel	11:15 GENTLE FIT Sam	12:00 RIDE/SCULPT Clovis	12:00 BARS & BELLS Clovis	12:15 RIDE Marci	
12:00 RIDE Shelly	1:15 GENTLE FIT Kailey	12:00 HIIT Marci	2:00 DRUMS ALIVE Darolyn	1:00 PACE Kailey	4:30 CALORIE BLAST Clovis	
	2:00 CLOGGING Darolyn	1:00 PACE Kailey	5:30 HIGH FITNESS Lauren	2:00 LINE DANCING Darolyn	5:30 ZUMBA Char	
	5:00 STRENGTH CIRCUIT Olivia	5:30 RIDE/SCULPT/YOGA Ulla	6:30 RIDE Barb	5:30 Ride/Sculpt/Stretch Enver		
	6:15 RIDE Rebecca	6:45 KICK Ulla	7:45 BARS & BELLS Martha	6:45 CALORIE BLAST Enver		
	7:15 CORE BOOT CAMP Martha					
24	25	26	27	28	29	30
	6:15 RIDE/SCULPT/YOGA Rebecca	8:30 RIDE/CORE/STRETCH Marci	6:15 BARS & BELLS Rebecca	6:15 HIIT Jillian	6:15 RIDE Barb	8:55 BARS & BELLS Marci
9:00 ZUMBA Char	8:30 SCULPT Ulla	9:30 CIRCUIT Clovis	8:30 CIRCUIT Ulla	9:30 CSY Marci	9:30 4 X 4 Mandy	10:00 HI LO INTERVAL Marci
10:00 B & B Clovis	9:30 STEP INTERVAL Ulla	10:30 ZUMBA Darolyn	9:30 X TRAINING Clovis	11:15 GENTLE FIT Sam	11:15 ZUMBA Darolyn	11:15 RIDE/SCULPT Marci
11:00 HIGH FITNESS Lauren	12:00 RIDE Marci	11:15 GENTLE FIT Sam	12:00 RIDE/SCULPT Clovis	12:00 BARS & BELLS Clovis	12:15 RIDE Marci	
12:00 RIDE Shelly	1:15 GENTLE FIT Kailey	12:00 HIIT Marci	2:00 DRUMS ALIVE Darolyn	1:00 PACE Kailey	4:30 CALORIE BLAST TBA	
	2:00 CLOGGING Darolyn	1:00 PACE Kailey	5:30 HIGH FITNESS Lauren	5:30 Ride/Sculpt/Stretch Enver	5:30 ZUMBA Char	
	5:00 STRENGTH CIRCUIT Olivia	5:30 RIDE/SCULPT/YOGA Ulla	6:30 RIDE Marci	6:45 CALORIE BLAST Enver		
	6:15 RIDE Rebecca	6:45 KICK Ulla	7:45 BARS & BELLS Martha			
	7:15 CORE BOOT CAMP Martha					
31						
9:00 ZUMBA Char						
10:00 B & B Shelly						
11:00 HIGH FITNESS Lauren						
12:00 RIDE Shelly						