



MARCH WEEKEND SCHEDULE

Saturday	7	14	21	28
GROUP EX				
7:30 SHRED	Heather	Lacey	Amy Higg.	Kaylie
8:15 LES MILLS BODYPUMP	Heather	Melissa	Kim	Pam
9:15 LES MILLS CXWORX	Kaitlyn	Melissa		Team
9:45 CARDIO ROTATION	 ZUMBA Tasha	LES MILLS BODYCOMBAT Kaylie	LES MILLS BODYATTACK Teresa R.	 ZUMBA Saana
11:15 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa
8:15 SPIN	Kaitlyn	Lacey	Amy Higg.	Angie
9:30 Aqua Rotation	<i>Aqua Yoga</i> Jennifer	<i>Aqua Yoga</i> Jennifer	<i>Aqua Fit</i> Julia	<i>Aqua Fit</i> Julia
Sunday	8	15	22	29
1:30 Step Express	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer
2:30 LES MILLS BODYPUMP	Heather	Pam	Heather	Heather
3:30 Yoga	Jennifer	Jennifer	Jennifer	Jennifer