



# March Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am		Leah <b>SHRED</b>		Lacey <b>SHRED</b>	
5:30	Kim <b>LES MILLS BODYPUMP</b>		Heather <b>LES MILLS BODYPUMP</b>		Kim/Heather <b>LES MILLS BODYPUMP</b>
8:00	Donna <b>Yoga</b>		Donna <b>Yoga</b>		Donna <b>Yoga</b>
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammiie <b>Shred Express</b>	Stephanie <b>LES MILLS BODYCOMBAT</b>	Kelly <b>Shred Express</b>	Kelly <b>LES MILLS BODYATTACK</b>
9:20		Cammiie <b>LES MILLS CXWORX</b>		Kelly <b>LES MILLS CXWORX</b>	
9:45	Cammiie <b>LES MILLS BODYPUMP</b>		Stephanie <b>LES MILLS BODYPUMP</b>		Cammiie <b>LES MILLS BODYPUMP</b>
10:00		Cammiie <i>Pilates</i>		Katilyn <i>Pilates</i>	
11:00	Rebecca <b>Senior Cardio Fit</b>		Jennifer <b>Restorative Yoga</b>	Rebecca <b>Senior MOVE</b>	Rebecca <b>Senior Cardio Fit</b>
12:00	Nancy D. Shred Low	Gretchen <b>Yoga</b>	Nancy D. Shred Low	Gretchen <b>Yoga</b>	
2:00-2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING
3:45	<b>LES MILLS BODYPUMP</b> <i>virtual</i>		<b>LES MILLS BODYPUMP</b> <i>virtual</i>		
4:30	Jennifer <b>Yoga</b>			Jennifer <b>Yoga</b>	
4:45		Saana <b>LES MILLS BODYATTACK</b>	Tasha  <b>ZUMBA</b>		
5:30	Kim <b>LES MILLS BODYPUMP</b>	Heather  <b>LES MILLS BODYPUMP</b>	Saana <b>LES MILLS BODYCOMBAT</b>	Kim <b>LES MILLS BODYPUMP</b>	
6:15			Saana <b>LES MILLS CXWORX</b>		
6:30	Lee <b>LES MILLS CXWORX</b>	Kaylie <b>LES MILLS BODYCOMBAT</b>		Heather <i>Pilates</i>	