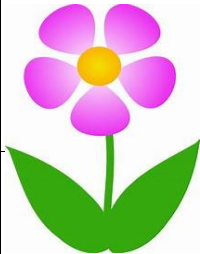




# Group Fitness

## March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 9:00 AM (70) CoreDeP90X-- DP 10:15 AM (60) Zumba-- SR
3 8:45 AM (45) WaterWorks-- CP	4 10:00 AM (45) Get RIPPED-- DD  5:30PM (60) P90X-- DP 6:15PM (45) WaterWorks-- CP 6:30 PM (60) ZUMBA-- SR	5 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Pilates Fusion-- VA  5:30PM (60) CORE DE FORCE-- DP 6:30 PM (60) YOGA-- BN	6 10:00 AM (45) BodyBLAST-- DD  11:00AM (30) Low Impact-- DD  5:30 PM (45) Get RIPPED-- DP 6:30 PM (45) Tabata-- AR	7 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Hiit Abs-- DD  <b>5:30PM (60)</b> <b>YOGA-- ML</b>	8   10:00 AM (60) CardioSTRONG- AR	9 9:00 AM (45) Tabata-- AO 10:15 AM (60) Zumba-- SR
10 8:45 AM (45) WaterWorks-- CP	11 10:00 AM (45) Get RIPPED-- DD  5:30PM (60) P90X-- DP 6:15PM (45) WaterWorks-- CP 6:30 PM (60) ZUMBA-- AR	12 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Pilates Fusion-- VA  5:30PM (60) CORE DE FORCE-- DP 6:30 PM (60) YOGA-- BN	13 10:00 AM (45) BodyBLAST-- DD  11:00AM (30) Low Impact-- DD  5:30 PM (45) Get RIPPED-- DP 6:30 PM (45) Tabata-- AR	14 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Hiit Abs-- DD  <b>5:30PM (60)</b> <b>YOGA-- ML</b>	15   10:00 AM (60) CardioSTRONG- AR	16 9:00 AM (70) CoreDeP90X-- DP 10:15 AM (60) Zumba-- SR
17 8:45 AM (45) WaterWorks-- CP	18 10:00 AM (45) Get RIPPED-- DD  5:30PM (60) P90X-- DP 6:15PM (45) WaterWorks-- CP 6:30 PM (60) ZUMBA-- SR	19 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Pilates Fusion-- VA  5:30PM (60) CORE DE FORCE-- DP 6:30 PM (60) YOGA-- BN	20 10:00 AM (45) BodyBLAST-- DD  11:00AM (30) Low Impact-- DD  <b>5:30 PM (45)</b> <b>Get RIPPED-- AO</b> 6:30 PM (45) Tabata-- AR	21 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Hiit Abs-- DD  <b>5:30PM (60)</b> <b>YOGA-- ML</b>	22   10:00 AM (60) CardioSTRONG- AR	23 9:00 AM (45) Guns & Buns-- AO 10:15 AM (60) Zumba-- SR
24 8:45 AM (45) WaterWorks-- CP	25 10:00 AM (45) Get RIPPED-- DD  5:30PM (60) P90X-- DP 6:15PM (45) WaterWorks-- CP 6:30 PM (60) ZUMBA-- AR	26 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Pilates Fusion-- VA  5:30PM (60) CORE DE FORCE-- DP 6:30 PM (60) YOGA-- BN	27 10:00 AM (45) BodyBLAST-- DD  11:00AM (30) Low Impact-- DD  5:30 PM (45) Get RIPPED-- AO 6:30 PM (45) Tabata-- AR	28 9:30 AM (45) WaterWorks-- JJ  10:00 AM (45) Hiit Abs-- DD  <b>5:30PM (60)</b> <b>YOGA-- ML</b>	29 10:00 AM (60) CardioSTRONG- AR  	30 <b>9:00 AM (65)</b> <b>CoreDeBLAST-- DP</b> 10:15 AM (60) Zumba-- SR
31 8:45 AM (45) WaterWorks-- CP						