

FITNESS CLASS SCHEDULE

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:35am: Stretch/Tone 10:30am: Aquacise	2 8:00am: Strength/ Fusion 8:45 am Vinyasa
3 8:30 am P90X 5:00pm: Vinyasa	4 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	5 8:30am: Body Sculpt 10:00 am Gentle Yoga	6 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	7 8:30 am Body Blast 10:00am: Multi-Level Yoga	8 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	9 Special class - 8:00am: Flavors Of Fitness 8:45 am Vinyasa
10 8:30 am P90X 5:00pm: Vinyasa	11 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone	12 8:30am: Body Sculpt 10:00 am Gentle Yoga	13 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone	14 8:30 am Body Blast 10:00am: Multi-Level Yoga	15 8:30am: Tabata 9:35am: Stretch/Tone	16 8:00am: Strength/ Fusion 8:45 am Vinyasa
17 8:30am: P90X 5:00pm: Vinyasa	18 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	19 8:30am: Body Blast 10:00 am Gentle Yoga	20 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	21 8:30 am Body Blast 10:00am: Multi-Level Yoga	22 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	23 8:00am: Strength/ Fusion 8:45 am Vinyasa
24 8:30 am P90X 5pm: Vinyasa 31 8:30am p90X 5:00pm Vinyasa	25 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	26 8:30am: Body Sculpt 10:00 am Gentle Yoga	27 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	28 8:30 am Body Blast 10:00am: Multi-Level Yoga	29 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	30 8:00am: Strength/ Fusion 8:45 am Vinyasa