



# Group Fitness



## March '23 VIRTUAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15p - The Trip 45 mins Studio 1  3:45p - Born To Move 13-16 years old Studio 2  6:45p - Bodybalance Studio 2	12:15p - Bodypump Studio 2	9:00a - Virtual Core Studio 2  3:45p - Born To Move 13-16 years old Studio 2  4:30p - Body Combat Studio 2  6:45p - BodyAttack Studio 2	12:15p - SH'BAM Studio 2  5:30p - Sprint Studio 1  6:45p - Body Balance Studio 2	12:15p - The Trip Studio 1  3:45p - Born To Move School Years 13-16 / Studio 2  5:30p - Body Pump Studio 2	9:15a - The Trip Studio 1  10:00a - GRIT Athletic Studio 2  12:15p - Body Pump Studio 2  2:00p - Core 30 mins Studio 2  3:00p - Body Combat Studio 2  4:00p - The Trip Studio 1  5:00p - Body Balance Studio 1
Sunday					
3:30p - SH'BAM Studio 2  4:30p - Sprint Studio 1					



# Group Fitness



## March 2023 LIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Tricia	5:15a - Yoga Myah	5:15a - Power Waves Julie	5:15a - Spin Tricia	(3/3) 8:00a - Aqua HIIT	8:00a - Body Pump Bob
8:00a - TRX & Tabata Tricia	8:00a - Body Sculpt Tricia	8:00a - O.F.I.T Tricia	8:00a - W.O.W Workout of the Week Myah	(3/10) 8:00a - Step It Out	9:15a - Spin Allen
9:00a - Yoga Fit Jamie	4:00p - Aqua Fit Tricia	*WEATHER PERMITTING* *3/18 SPIN	9:15a - Yoga Fit Myah	(3/17) 8:00a Kick N It	
9:00a - Aqua Fit Tracy	4:30p - Paddle Boarding Myah	9:00a - Aqua Fit Tracy	5:30p - Body Pump Tonja	(3/24) 8:00a - Core & More	
10:15a - Strong Seniors Tracy	5:30p - Body Pump Tonja	10:15a - Strong Seniors Tracy		(3/31) 8:00a - Foam Roller Fit	
4:30p - Dance Fitness Myah		12:15p - RPM Tonja		Tricia	
5:30p - Body Pump Bob		5:30p - Body Pump Bob		9:00a - Aqua Fit Julie	
				9:15a - Yoga Tami	
<b>Sunday</b>					
2:00p - Yoga Leigh-Ann					

