


Fitness Schedule-March 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Spin w/ Trish	Athletic Conditioning w/ Cassie	Spin w/ Trish	Athletic Conditioning w/ Cassie		
8:15 AM						Body Step w/ Brittany/Erin/Stacey
8:30 AM	Yoga w/ Tamyra	Body Combat w/ Cindy	Zumba w/ Jayne	Body Combat w/ Cindy	Interval Training w/ Lauren	RPM w/ Cassie/Becca/Lauren/Trish
9:15 AM						Body Pump/Strength Training w/ Cassie/Sylvain/Tonya
9:30 AM	Kickboxing w/ Tamyra	Cardio Funk with Lem Spin w/ Lauren	Body Pump w/ Cassie Spin w/ Lauren	Strength & Technique w/ Sylvain	Insanity Live w/ Donna Spin w/ Lauren	
10:15 AM						Body Flow/Yoga w/ Erica/Cassie
10:30 AM	Spin w/ Lauren	Interval Training w/ Lauren	Interval Training w/ Lauren	Yoga w/ Erica	Body Pump w/ Cassie	
11:30 AM	Zumba w/ Lauren	Body Flow w/ Cassie	Yoga w/ Sarah	Bellydance Cardio w/ Sarah	Yoga w/ Sarah	
5:00 PM		Insanity Live w/ Donna (30 min)				
5:30 PM	Mixedfit w/ Jayne RPM w/ Becca	Body Step w/ Brittany	RPM w/ Becca	Body Step w/ Brittany		
6:30 PM	Body Pump w/ Jose	Zumba w/ Idalisse Spin w/ Jose		Zumba w/ LA Spin w/ Jose		