# March



Tamyra

Melissa

Tamyra Cassie

Melissa

Erica

Jayne

Jose

Jose

Kelley

Yoga Studio

Pool Deck

Studio 1

Spin Room

Pool Deck

Yoga Studio

Studio 1

Spin Room

Yoga Studio

Studio 1

#### Monday

8:30 - 9:30 am	Power Yoga
8:30 - 9:30 am	Functional Training
9:30 - 10:30 am 9:30 - 10:30 am	Kickboxing Spin
10:30 - 11:15 am 11:30 - 12:30 pm	Functional Training Yoga (Suitable for Beginners)
11.30 - 12.30 pm	
5:30 - 6:30 pm	Zumba
5:30 - 6:15 pm	Spin
5:35 - 6:30 pm	Yoga (Suitable for Beginners)
6:30 - 7:30 pm	Strength

## Tuesday

5:30 - 6:15 am	Functional Training	Melissa	Pool Deck
8:30 - 9:30 am	Bootcamp	Cassie	Studio 1
8:30 - 9:30 am 9:30 - 10:30 am	Yoga (Suitable for Beginners) Spin	Erica Lauren	Yoga Studio Spin Room
10:30 - 11:30	Interval Training	Lauren	Studio 1
11:30 - 12:30 am	Yoga (Suitable for Beginners)	Erica	Yoga Studio
5:35 - 6:05 pm	Combo Step and Strength	Brittany	Studio 1
6:05 - 6:35 pm	Combo Step and Strength	Brittany	Studio 1
6:00 - 6:45 pm	Spin	Jose	Spin Room
6:35 - 7:35 pm	Zumba	Jennie	Studio 1
<u>Wednesday</u>			
8:30 - 9:30 am	Functional Training	Melissa	Pool Deck
8:30 - 9:30 am	Yoga (Suitable for Beginners)	Lee	Yoga Studio
9:30 - 10:30 am	Power Cardio	Tamyra	Studio 1
9:30 - 10:30 am	Spin	Lauren	Spin Room
10:30 - 11:30 am	Interval Training	Lauren	Studio 1
11:30 - 12:30 pm	Yoga (Vinyasa Flow for all Levels)	Sarah	Yoga Studio

5:30 - 6:15 nm	Snin	امده	Snin Room
5:45 - 6:30 pm	Core Work	Cassie	Studio 1
6:30 - 7:30 pm	Strength	Tonya	Studio 1

#### **Thursday**

5:30 - 6:15 am
8:30 - 9:30 am
9:30 - 10:30 am
9:30 - 10:30 am
11:30 - 12:30 pm
5:35 - 6:05 pm
6:05 - 6:35 pm
5:35 - 6:30 pm
6:00 - 6:45 pm

#### Friday

5:30 - 6:15 am
7:30 - 8:30 am
8:30 - 9:30 am
8:30 - 9:30 am
8:30 - 9:30 am
9:30 - 10:30 am
10:30 - 11:30 am
11:30 - 12:30 pm

#### Saturday

8:00 - 9:00 am	Spin
8:15 - 9:15 am	Step
9:05 - 10:05 am	Yoga Basics
9:15 - 10:15 am	Strength
10:15 - 11:15 am	Yoga (Suitable for Beginners)
11:30 - 12:30 pm	Yoga Basics

**Functional Training** 

Cardio Funk

Barbell

Spin

Spin

Strength

Yoga (Suitable for Beginners)

Combo Step and Strength

Combo Step and Strength

**Functional Training** 

**Functional Training** 

Interval Training

Yoga (Deep Stretch)

Yoga (Suitable for Beginners)

#### Yoga (Suitable for Beginners) Erica Yoga Studio Cynthia Studio 1 Cynthia Studio 1 Yoga (Suitable for Beginners) Yoga Studio Kelley Spin Room Jose Yoga (Vinyasa Flow for all Levels) Sarah Yoga Studio Melissa Pool Deck Pool Deck Alex Spin Room Lauren

Christin

Erica

Lem

Cassie

Pool Deck

Yoga Studio

Studio 1

Pool Deck

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Lee	Yoga Studio
Lauren	Studio 1
Tonya	Studio 1
Sarah	Yoga Studio

Varies	Spin Room
Varies	Studio 1
Bethany	Yoga Studio
Varies	Studio 1
Felicia	Yoga Studio
Felicia	Yoga Studio

### Sunday

2:00 - 3:00 pm

Yoga (Suitable for Beginners)

Yoga Studio Amanda