

LARGE GROUP X ROOM - G2 SCHEDULE



March 16-22, 2020

	Mon 3/16	Tues 3/17	Wed 3/18	Thurs 3/19	Fri 3/20	Sat 3/21	Sun 3/22
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Yvonne	Zumba® 5:30 - 6:30 am Lexy	BodyPump™ 5:30 - 6:30 am Naomi	Zumba® 5:30 - 6:30 am Brittany	BodyPump™ 5:30 - 6:30 am Sandy		
7:00 am							
8:00 am							
9:00 am	Cardio Class 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Tamara	Step Fusion 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Tamara	Zumba® 8:45 - 9:30 am Andy	Zumba® 8:30 - 9:30 am Brittany	BodyPump™ 9:00 - 10:00 am Katya
10:00 am	BodyPump™ 9:40 - 10:25 am Amber	SS Circuit® 9:45 - 10:30 am Tamara	BodyPump™ 9:40 - 10:25am Lauren	SS Circuit® 9:45 - 10:30 am Tamara	BodyPump™ 9:40 - 10:40 am Tammy	BodyPump™ 9:45 - 10:45 am Sandy	
	Zumba® Gold 10:30 - 11:00 am Tammy						
11:00 am				Chair Yoga 10:45-11:30am Roopa			Zumba® 11:00 - 12:00 pm Brittany
12:00 pm		BodyPump™ 12:15 -1:00 pm Naomi		BodyPump™ 12:15 -1:00 pm Yvonne			
1:00 pm	Sport Yoga 1:00 - 1:45 pm TBD		Sport Yoga 1:00 - 1:45 pm Chris				
2:00 pm							
3:00 pm							
4:00 pm		Family Zumba 4:30- 5:00 pm Kaitlyn					
5:00 pm	BodyPump™ 4:45-5:45 pm Alyssa	A B C's 5:10- 5:50 pm Judy	BodyPump™ 4:45-5:45 pm Katya	A B C's 5:10- 5:50 pm Shelly			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Zumba® 6:00 - 6:45 pm Brittany	Zumba® 6:00 - 6:45 pm Lexy	Zumba® 6:00 - 6:45 pm Corey			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm Sandy	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm Katya			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes