

March



ВА	PTIST CHURC								BAPTIST	CHUR	СН
Monday				Tuesday			Wednesday				
5:45am	Early Bird Burn	Tassie	S1	6:30am	Pilates	Karen	S2	5:45am	Early Bird Burn	Tassie	S 1
6:00am	Cycle	Katina	S2	8:00am	Body Sculpt	Dana	S1	6:00am	Cycle	Katina	S2
8:30am	Cycle	Mindy	S2	9:10am	High Fitness	Natalie	S1	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Katy	S1	9:10am	Step	Dana	S2	9:00am	Posture Perfect	Beth	MP
10:00am	Aqua Fitness	Sara C.	Pool	9:15am	Movement Based	Beth	MP	9:10am	Cardio Kickboxing	Katy	S1
10:15am	Yoga	Sondra	S1	10:15am	Body Sculpt	Sara C	S1	10:00am	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	S1	10:20am	Yoga 2	Gina M.	S2	10:15am	Yoga	Sondra	S1
12:30pm	MRA	Gina	S1	12:45pm	Noontime Basketball		Gym	11:30am	Tai Chi-Beginner	Florin	S1
3:00pm	DCS Cheer	DCS	S1	3:45pm	Combo 1/11	DSA	S1	1:15pm	Little Ballerinas A	DSA	S1
4:30pm	Masters Swim		Pool	5:00pm	1,2,3 Step	DSA	S1	2:15pm	Little Ballerinas B	DSA	S1
5:30pm	Masters Swim		Pool	6:00pm	Dance Explosion	Karen	S1	3:15pm	Carousel Combo	DSA	S1
5:30pm	Pilates	Karen	S1					4:30pm	Pickleball		Gym
6:30pm	YogaFlow	Karen	S1					6:00pm	Yoga	Sondra	S1
	Thursday				Friday			Saturday			
6:30am	Body Scuplt	Gina P.	S1	5:45am	Early Bird Burn	Natalie	S1	8:30am	High Fitness	Camilla	S1
8:00am	Body Sculpt	Dana	S1	6:00am	Cycle	Renae	S2	8:30am	Good Morning Yoga	Katina	S2
9:10am	High Fitness	Natalie	MP	7:45am	Pilates	Karen	S1	10:00am	Dance Explosion	Karen	S1
9:10am	Barre Bootcamp	Katy M.	S1	8:30am	Cycle	Mindy	S2	11:15am	Total Body Conditioning	Danielle	S1
10:15am	Tone to the Bone	Sara C	S1	9:10am	Connective Stretch	Beth	MP				
12:45pm	Noontime Basketball		Gym	9:10am	Chisel	Natalie	S1	Sunday			
4:30pm	Masters Swim		Pool	10:00am	Water Aerobics	Sara	Pool	2:00pm	Pickleball Open Play		Gym
5:30pm	Masters Swim		Pool	10:15am	Posture Perfect	Beth	MP				
6:00pm	YogaFlow	Karen	S2	11:30am	Tai Chi-Chen Style	Florin	S1				
				12:30pm	MRA	Gina	S1				
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