

Group Fitness Spring Break Schedule

3/9 - 3/15

Classes free all week

MON

March 10

12:15-1:00p Interval Training SB
5:30-6:30p Yoga Fundamental SA

TUES

March 11

12:15-1:00p Arms & Abs SB
5:30-6:15p Pilates Fundamental SA

WED

March 12

12:15-1:00p TB Sculpt SA
5:30-6:15p Interval Training SB

THURS

March 13

12:00-12:30p Cycle 30 SB
5:30-6:15p Glutes & Guts SA

FRI

March 14

12:15-1:00p Pilates Power SB
5:30-6:15p Cycle 45 SB

SA = Studio A
SB = Studio B