

GROUP EXERCISE CLASS SCHEDULE

FOR THE REMAINDER OF MARCH

(Highlighted classes are in spin room)

Monday 3/28

- **Cycling Rush~ 5:15am-6:00am (Katie)**
- BodyFlex~ 9:30am-10:30am (Maria)
- Hi/LOW FUN~ 10:30am-11:30am Joan)
- 30-30-30~ 5:30pm-7:00pm (Louise)
- **HIIT Spin~ 5:45pm-6:30pm**

Tuesday_3/29.

- **Cycling Rush~ 9:15am-10:00am (Louise)**
- BodyFlex Express~ 10:00am-10:45am (Louise)
- Kick boxing~ 6:30pm-7:30pm Julie)
- BodyFlex~ 5:30pm-6:30pm (Louise)

Wednesday-3/30

- Body Flex~ 9:30am-10:30 am (Maria)
- Hi/LOW~ 10:30am- 11:30am (Joan)
- HIIT~ 5:00pm-5:45pm (KIM)
- **Cycle challenge~ 5:45p-4:30pm (Louise)**
- Butts* Guts*Guns~ 5:45p-6:45p (Abbey)

Thursday 3/31

- **Cycling Rush~ 9:15am-10:00am (Louise)**

Friday 4/1

- **Cycling Rush~ 5:15am-6:00am (Katie)**
- **Cycling Rush~ 8:30 am-9:15am (Louise)**
- Body Flex~ 9:30am-10:30 am (Maria)

Saturday 4/2

- Boxing*Booty*Abs~ 8:15am-9:15am Julie)
- Cardio Combo~ 9:15am-10:00 am (Janet)

Sunday 4/3_

- BodyFlex~ 10:00 am-11:00am (Kim)

