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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00 |  |  |  |  | STRONG A **No class 3-20** |  |  |
| 6:00 | Cardio/Strength M 45-50 min | Yoga T35 Min | Spin M45-50 Min | Yoga T35 Min | Cardio/StrengthM 45-50 Min |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 8:30 | Bootcamp S45-60 Min | Spin S60 Min | Step/Muscle Mix S 60 Min | Spin S60 Min | Bootcamp S45-60 Min |  |  |
| 9:00 |  |  |  |  |  | Zumba M**No class on the 21st**  |  |
| 10:00 | Senior Fitness G | Senior Fitness G**No Class 3-10** |  | Senior Fitness G | Senior Fitness G**No class 3-6** |  |  |
| 11:00 | Kids Fit AN45 Min |  |  | Kids Fit AN45 Min  |  |  |  |
| 12:00 | Cycle 360 AN60 Min | TRX AN60 Min | Cycle 360 AN 60 Min | TRX AN60 Min | Barre**No Class 3-6** |  |  |
| 1:00 |  |  |  | Ballet ClassAges 4-5N |  |  |  |
| 2:00 |  |  | **March Aerobic Schedule** |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  | Ballet Class N Age 4-5 |  |  |   |
| 6:00 | STRONGA50 Min | P90X J35 Min | BootcampA50 Min | Ballet ClassAge 6-8N |  |  | Yoga 8th, 15th, 22nd |
| 7:00 | SpinB60 Min | ZumbaM60 Min |  | TRXB60 Mins |  |  |  |