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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 T  35 Min | Spin M  45-50 Min | Yoga T  35 Min | Cardio/Strength  M 45-50 Min |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 8:30 | Bootcamp S  45-60 Min | Spin S  60 Min | Step/Muscle Mix S 60 Min | Spin S  60 Min | Bootcamp S  45-60 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  AN  45 Min |  |  | Kids Fit  AN  45 Min |  |  |  |
| 12:00 | Cycle 360 AN  60 Min | TRX AN  60 Min | Cycle 360 AN 60 Min | TRX AN  60 Min | Barre  **No Class 3-6** |  |  |
| 1:00 |  |  |  | Ballet Class  Ages 4-5  N |  |  |  |
| 2:00 |  |  | **March Aerobic Schedule** |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  | Ballet Class  N  Age 4-5 |  |  |  |
| 6:00 | STRONG  A  50 Min | P90X  J  35 Min | Bootcamp  A  50 Min | Ballet Class  Age 6-8  N |  |  | Yoga  8th, 15th, 22nd |
| 7:00 | Spin  B  60 Min | Zumba  M  60 Min |  | TRX  B  60 Mins |  |  |  |