

March 2010 Group Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 6:00am Kickbox 8:30am CardioSclpt 9:00am Kickbox 9:30am Cycle 5:30pm Karate 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm HathaYoga	2 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:00pm Pilates 7:00pm Step/Sculpt <u>7:00pm CardioKB</u> 7:00pm Bootcamp-A	3 6:00am Body Rock 8:45am Cardio/ Sculpt 9:00am Circuit 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Yin Yoga	4 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates 5:30pm Karate 6:00pm Pilates 6:00pm Cycle 7:00pm Zumba 7:00pm Bootcamp-A	5 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	6 8:30am Circuit 8:30am Cycle 8:45am Waterworks 9:00am Cardio Tennis 10:00am Yoga	
7 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	8 6:00am Kickbox 8:30am CardioSclpt 9:00am Kickbox 9:30am Cycle 5:30pm Karate 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm HathaYoga	9 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:00pm Pilates 7:00pm Step/Sculpt <u>7:00pm CardioKB</u> 7:00pm Bootcamp-A	10 6:00am Body Rock 8:45am Cardio/ Sculpt 9:00am Circuit 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Yin Yoga	11 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates 5:30pm Karate 6:00pm Pilates 6:00pm Cycle 7:00pm Zumba 7:00pm Bootcamp-A	12 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	13 8:30am Circuit 8:30am Cycle 8:45am Waterworks 9:00am Cardio Tennis 10:00am Yoga	
14 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	15 6:00am Kickbox 8:30am CardioSclpt 9:00am Kickbox 9:30am Cycle 5:30pm Karate 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm HathaYoga	16 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:00pm Pilates 7:00pm Step/Sculpt <u>7:00pm CardioKB</u> 7:00pm Bootcamp-A	17 6:00am Body Rock 8:45am Cardio/ Sculpt 9:00am Circuit 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Yin Yoga	18 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates 5:30pm Karate 6:00pm Pilates 6:00pm Cycle 7:00pm Zumba 7:00pm Bootcamp-A	19 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	20 8:30am Circuit 8:30am Cycle 8:45am Waterworks 9:00am Cardio Tennis 10:00am Yoga	
21 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	22 6:00am Kickbox 8:30am CardioSclpt 9:00am Kickbox 9:30am Cycle 5:30pm Karate 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm HathaYoga	23 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:00pm Pilates 7:00pm Step/Sculpt <u>7:00pm CardioKB</u> 7:00pm Bootcamp-A	24 6:00am Body Rock 8:45am Cardio/ Sculpt 9:00am Circuit 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Yin Yoga	25 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates 5:30pm Karate 6:00pm Pilates 6:00pm Cycle 7:00pm Zumba 7:00pm Bootcamp-A	26 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	27 8:30am Circuit 8:30am Cycle 8:45am Waterworks 9:00am Cardio Tennis 10:00am Yoga	
28 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	29 6:00am Kickbox 8:30am CardioSclpt 9:00am Kickbox 9:30am Cycle 5:30pm Karate 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm HathaYoga	30 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:00pm Pilates 7:00pm Step/Sculpt <u>7:00pm CardioKB</u> 7:00pm Bootcamp-A	31 6:00am Body Rock 8:45am Cardio/ Sculpt 9:00am Circuit 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Yin Yoga	<p>All new classes to the schedule will be <u>underlined</u> for their first month on the schedule.</p> <p>COMING SOON:</p> <ul style="list-style-type: none"> • TRX Training Class • Running Enhancement Camp • Body Boxing • Instructor taught P-90-X Class 			