



SPRING BREAK



LIMITED GROUP FITNESS SCHEDULE

3/13-3/17

MON	TUES	WEDS	THURS	FRI
CYCLE CIRCUIT 6:15am	BOOTCAMP 6:15am	CYCLE CIRCUIT 6:15am	BOOTCAMP 6:15am	RIDE & RELAX 6:15am
	STRETCH & CORE 8:00am		STRETCH & CORE 8:00am	
FIT45 12:30pm		FIT45 12:30pm		
	STRICTLY STRENGTH 4:00pm		STRICTLY STRENGTH 4:00pm	
ZUMBA 5:00pm	HIIT 5:00pm	VINYASA YOGA 5:00pm		VINYASA YOGA 5:00pm
BARRE 5:00pm				
ENDURANCE YOGA 5:00pm				
	BEG. YOGA 6:15pm	BARRE 6:15pm	BEG. YOGA 6:15pm	

