



GROUP EXERCISE SCHEDULE

MARCH 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:15 am - Studio A Lauren	YOGA 6:00 am - Studio B Jen	TURNED UP 8:00 am - Studio A Ande	YOGA 6:00 am - Studio B Jen	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
SCULPT 8:15 am - Studio A **Allison/Jan	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	VIVE CYCLE 8:00 am - Cycle Studio Bridgette	BOOTCAMP 6:00 am - Studio A Sarah	VIVE CYCLE 8:00 am - Cycle Studio Ande	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria
VIVE CYCLE 8:15 am - Cycle Studio Amy	CARDIO & CORE 8:00 am - Studio A Amy	SCULPT 9:00 am - Studio A Kitty	MAT PILATES 8:00 am - Studio A Maria	BOOTCAMP 8:00 am - Studio A Bridgette	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:30 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	FIT BARRE 8:15 am - Studio B Lori	SCULPT 10:00 am - Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Amy	SCULPT 9:00 am - Studio A Kitty	DANCE FITNESS 9:00 am - Studio A Vanessa	BOOTCAMP 10:30 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridgette		TABATA 9:15 am - Studio A Amy	SCULPT 10:00 am - Studio A Kitty		
<i>**Jan to take over Allison's 8:15 am Sculpt on 3/17</i>	YOGA 9:30 am - Studio B Elyse					
					CHILD CARE HOURS Daytime Monday- Sunday 8am to 11am Nighttime Monday- Wednesday 4:00pm to 7:00pm	
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:15 pm - PT Studio Kitty	DANCE FITNESS 5:00 pm - Studio A Sofia & Lily	MAT PILATES 5:30 pm - Studio A Lauren			
CARDIO & CORE 5:00 pm - Studio A Bridgette	ARMS + ABS 6:00 pm - Studio A Brier	YOGA 5:30 pm - Studio B Alison				
DANCE FITNESS 6:00 pm - Studio A Vanessa		BUNS & GUNS 6:00 pm - Studio A Brier				



Shake of
the Month

SHAMROCK SHAKE