

Group Fitness

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Zumba Laurie	2) 5:15 BODYPUMP Angel 700 BODYPUMP SL <u>9:15 BARRE/Pilates TS</u> 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	3 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP Angel 7:30 ZUMBA Rob	4) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	5) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP <u>*4:15 Pilates KP</u> 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	6 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP TS	7 8:30 Yoga TA <i>*9:45 Let's test drive</i> <u>BODYPUMP HEAVY</u> <i>With BP instructor team</i> 11:00 ZUMBA Sarah
8 1:30 Zumba Rob	9) 5:15 BODYPUMP Angel 700 BODYPUMP SL <u>9:15 BARRE/Pilates TS</u> 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	10 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	11) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	12) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP <u>*4:15 Pilates SI</u> 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	13 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	14 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Shanika
15 1:30 Zumba Shanika	16) 5:15 BODYPUMP Angel 700 BODYPUMP SL <u>9:15 BARRE/Pilates KP</u> 10:30 Core Conditioning KW 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	17 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	18) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility AS 9:15 HIIT Angel 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	19) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP <u>*4:15 Pilates TS</u> 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	20 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	21 8:30 Yoga TA <i>*9:45 Let's test drive</i> <u>BODYPUMP HEAVY</u> <i>With BP instructor team</i> 11:00 ZUMBA Laurie
22 1:30 Zumba Sarah	23) 5:15 BODYPUMP Angel 700 BODYPUMP SL <u>9:15 BARRE/Pilates TS</u> 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	24 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	25) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	26) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP <u>*4:15 Pilates KP</u> 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	27 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	28 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Shanika
29 1:30 Zumba Shanika	30) 5:15 BODYPUMP CC 700 BODYPUMP SL <u>9:15 BARRE/Pilates TS</u> 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM <u>*7:00 Full Body Mobility JM</u>	31 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah		*ADDED to our schedule in March! Monday and Wednesday 7:00 PM Full Body Mobility. Thursday will bring 4:15 PM Pilates.		