

March Schedule 2020



Cycle Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 11:00 am - 11:45 am Lorne S	Cycle 6:15 am - 7:00 am Carrie		Cycle 6:15 am - 7:00 am Sarah	Cycle 6:15 am - 7:00 am Bryanne	Cycle PLUS 9:30 am - 10:30 am Lorraine/Gita	
Cycle 12:05 pm - 12:50 pm Carrie	Cycle PLUS 5:30 pm - 6:30 pm Lonny	Cycle 12:05pm- 12:50 pm Sarah	Cycle 12:05 pm - 12:50 pm Jessie			



Fitness Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning 12:05 pm - 12:50 pm AI	ABS 6:00 am - 7:00 am Jenna	Complete Core 12:05 pm - 12:50 pm Chris	Fusion 12:05 pm - 12:50 pm Allan	TKO 6:00 am - 7:00am Troy	Weekend Warrior 10:00am - 10:45am AI	
Total Body Conditioning 1:05 pm - 1:50 pm Jason	Zumba 11:00 am - 12:00 pm Jessica	Navy Seals Bootcamp 1:05 pm - 1:50 pm Jason	Tread and Shred 1:05 pm - 1:50 pm Sunshine	HIIT 12:05 pm - 12:50 pm Jason	ABS 10:50am - 11:35am AI	
Pickleball Play 4:30 pm - 6:30 pm Open Studio	ViPR 12:05 pm - 12:50 pm Carrie					
	HIIT Fusion 1:05 pm - 1:50 pm Troy					
	Corporate Bootcamp 4:30 pm - 5:30 pm Brandon			Pickleball Play 2:00 pm - 4:45 pm Open Studio		



*New Registered Program Funk/Hip Hop Dance Class Wednesdays 6-7pm Group Fitness Studio
Come Try for One Free Class

Mind Body Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Barre Work Out 11:00 am -11:55 am Bobbie	Gentle Flow Yoga 6:15am - 7:00am Fariha	Yoga Flow 11:00 am - 11:45 am Bobbie	Barre Work Out 11:00 am -11:55 am Sunshine		
Slow Burn 12:05 pm - 1:00 pm Christine	Power Flow Yoga 12:05 pm - 12:55pm Sarah	Ashtanga Yoga 11:30 am - 12:30 pm Christine	Barre 12:05 pm - 12:50 pm Sarah	Vinyasa Yoga 12:05 pm - 1:00 pm Christine		
		Barre 5:00 pm - 5:45 pm Bobbie	Mindfulness Meditation 4:45pm - 5:45pm			

Bankers Hall
Club

