

**MARCH 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 20/20/20 Andrea B-45min	6:15 BIKE Laura-45min	6:15 BIKE/ABS Tara-45min	<u>6:15</u> <u>MAXOUT</u> <u>Andrea B-45min</u>	6:15 BIKE/WEIGHTS Andrea B-45min		<u>8:00</u> <u>LOWROW</u> <u>Kim</u>
8:00 20/20/20 Andrea B-45 min	8:00 BIKE Kelly	8:00 PILATES Kelly	<u>8:00</u> <u>MAXOUT</u> <u>Andrea B</u>	8:00 BIKE Kelly-30min	8:00 BIKE Andrea B-45min	9:00 BIKE Andrea B/Tara 45min
9:15 BIKE Kelly-45min	9:15 BIKE Nikki-30min	9:15 BIKE Andrea L-45Min	9:15 FUNCTIONAL STRENGTH Kelly	9:15 BIKE Melanie-45min	<u>8:00</u> <u>ROW/LIFT</u> <u>Andrea B-45min</u>	9:00 CORE Tracey
<u>9:15</u> <u>FIGHTCLUB</u> <u>Andrea B</u>		<u>9:15</u> <u>MASHUP</u> <u>Kelly</u>			<u>9:00</u> <u>FIGHTCLUB</u> <u>Andrea B</u>	10:00 BIKE-30min Tracey
9:30 YOGA Alanna-75min	9:30 VINYASA FLOW YOGA Daye-75min	9:30 HIP OPENER YOGA Kim-75min	9:30 YIN-YANG YOGA Sean-75min	<u>9:15</u> <u>XROW</u> <u>Andrea L</u>	9:30 POWER FLOW YOGA Candice 75 min	<u>10:00</u> <u>TRX INTERVAL</u> <u>Andrea L</u>
10:00 SUPER SETS Andrea L	9:45 FULL BODY CONDITIONING Sami-45min		10:30 <u>ROW/LIFT</u> <u>Andrea B</u>	9:30 HIP OPENER YOGA Betty (75min)		10:30 HATHA YOGA MIXED LEVEL 75 min
10:45 SILVER RIDERS MOTOWN Michelle-20min	10:30 ZUMBA Carolyn	10:45 SILVER RIDERS RESISTANCE RIDE Michelle-40min	10:45 SILVER RIDERS CHART TOPPERS Laura/Michelle	10:15 STRETCH & STRENGTH Carolyn-60min	10:00 ZUMBA Carolyn	11:00 ZUMBA Carolyn
11:15 GENTLE YOGA Daye -60min	11:00 SILVER RIDERS CLASSIC Michelle-20min	11:30 BEGINNER PILATES Kelly	11:20 BEGINNER PUMP/ABS Carolyn-45min	10:45 SILVER RIDERS Andrea B 20min	11:00 PILATES Kelly	
11:15 BEG. TABATA Carolyn-45min	11:30 CORE TABATA Andrea B-45min	11:30 GENTLE YOGA Kim -75min	12:00 STRETCH & FLEX YOGA Betty-60min	11:15 GENTLE YOGA Betty-75min		
	11:30 GENTLE YOGA Kim 60min					
12:30 THERAPEUTIC YOGA Betty-60min	<u>12:30</u> <u>T3 CIRCUIT</u> <u>Sami - 45min</u>	<u>12:30</u> <u>MAXOUT</u> <u>Andrea B - 45min</u>				
4:45 BIKE Kelly-30min	4:45 BIKE/BANDS Nikki -45min	4:45 HATHA YOGA Alanna - 75min	4:45 YOGA UNSCRIPTED See App-75min	<u>4:45</u> <u>MAXOUT</u> <u>Andrea B</u>		
	4:45 VINYASA FLOW YOGA Shannon-75min	4:45 BIKE /ABS Andrea L-45min	<u>4:45</u> <u>HEAVEN N HELL</u> <u>Kelly/Alanna S</u>			
<u>5:30</u> <u>XROW</u> <u>Kelly</u>	<u>5:30</u> <u>BARRE STRENGTH</u> <u>Sami</u>	5:30 BIKE/WEIGHTS Kelly	<u>5:45</u> <u>BATTLEROPE</u> <u>BOOTCAMP</u> <u>Andrea L</u>			
6:30 ABS & ASS Sami	6:15 VINYASA FLOW YOGA Daye-75min	6:30 FULL BODY CONDITIONING Sami	6:45 BEGINNER PUMP Jenny-45 min			
	6:30 BEGINNER BIKE Tara-30min	7:30 MEDITATION YOGA Kim-75min	7:30 ZUMBA Carolyn			
7:30 ZUMBA Adrienne	6:30 SUPER SETS Andrea L					
7:30 HATHA YOGA Kim-75min	7:30 BALLS & BANDS Kim	7:30 RETRO-STEP Carolyn				