



Class Schedule

MARCH



2025

MONDAY	
SPIN	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
HIIT	5:15PM to 6:15PM

FRIDAY	
C.S.I <small>Cardio, Strength + Interval</small>	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

TUESDAY	
YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

SATURDAY	
PEDAL + PUMP	7:30AM to 8:30AM
ZUMBA	8:45AM to 9:45AM
HIIT	10:00AM to 11:00AM

WEDNESDAY	
PEDAL + PUMP	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
POWER FUSION	5:30PM to 6:30PM

** NO CLASS / CLASS CHANGES:	
PILATES	SUB: 3/3, 3/5 & 3/26
HIIT	NO CLASS 3/8 & 3/22
YOGA	SUB: 3/11

THURSDAY	
YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

Luck is what happens when preparation meets opportunity.

