



GROUP EX WEEKLY UPDATES

March 12 – March 18 | Instructor "A" Week

MONDAY

9:30 am

Cardio Barre | Sub : Sheri

TUESDAY

7:30 am

Cardio Strength | Sub : Allison

WEDNESDAY

9:30 am

CRT Tabata | Sub : Lorrie

11:30 pm

Water Conditioning | Sub : Cassie

THURSDAY

11:00 am

Sit and Be Fit | Sub : Jessica R.

FRIDAY

7:30 am

Spin Sub : Lisa S.

8:30 am

Water Conditioning | Sub : Annie

SATURDAY

7:30 am

CRT | Sub : Jaimee T.

8:00 am

TBW | Sub : Annie

8:30 am

Zumba | Sub : Mo

9:00 am

Power Intervals | Sub : Jaimee T.

SUNDAY

7:45 am

Spin | Sub : Anne

8:45 am

Spin | Sub : Anne



Don't see
the updated
schedule?

Refresh
your web
browser