



GROUP FITNESS SCHEDULE March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	1	2	3	4
6:30am			GRIT/Athletic-Racheal			
8:00am		Grit Strength-Bobby				
8:30AM 9:30am	Body Pump-Racheal Yoga-Hannah W		Zumba Bobby	Body Pump – Lisa	Body Combat-Lisa Zumba-Yajaira	Body Pump-Lori
4:30pm	Stretch & Mobility- Raven	Yoga-Hannah W				
5:30PM	Barre-Hannah Cycling-Stephanie			Stretch and Mobility-Raven		
6:00pm			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat - Ashley				
7:00PM			Hip Hop Stephanie			
	6	7	8	9	10	11
6:30am			GRIT--Athletic- Cancelled			
8:00AM		GRIT Strength-Bobby				
8:30AM 9:30am	BodyPump-Racheal Yoga-Hannah W		Zumba-Bobby	BodyPump- Bobby	Body Combat- Cancelled Zumba-Yajaira	Body pump- Bobby
4:30PM	Stretch & Mobility- Raven	Yoga-Hannah W				
5:30PM	Barre-Hannah Cycling-Stephanie			Stretch and Mobility- Raven		
6:00pm			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat –Ashley				
7:00PM			Hip Hop- Stephanie			

	13	14	15	16	17	18
6:30am			GRIT-Athletic- Racheal			
8:00AM		GRIT Strength- Bobby				
8:30AM 9:30am	Body Pump- Racheal Yoga-Hannah W		Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa Zumba-Yajiara	Body Pump-Bobby
4:30pm	Stretch & Mobility- Cancelled	Yoga-Hannah W				
5:30PM	Barre-Hannah Cycling-Cancelled			Stretch and Mobility- raven		
6:00pm			Body Pump-Heather			
6:30PM	Zumba - Chanel	Body Combat – Ashley		Body Combat- Hannah		
7:00PM			Hip Hop-Stephanie			
	20	21	22	23	24	25
6:30am			Grit athletic-Racheal			
8:00am		GRIT Strength- Cancelled				
8:30AM 9:30am	Body Pump-Racheal Yoga-Hannah		Zumba – Bobby	Body Pump-Lisa	Body Combat-Lisa Zumba-Yajiara	Body Pump-Lori
4:30PM	Stretch & Mobility- Raven	Yoga-Hannah W				
5:30PM	Pop pilates-Hannah Cycling – Stephanie			Stretch & Mobility-raven		
6:00pm			BODYPUMP -Heather			
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop-Stephanie			
	27	28	29	30	31	1
6:30am			Grit athletic-Racheal			
8:00AM		GRIT Strength-Bobby				
8:30AM 9:30am	Body Pump-Racheal Yoga-Hannah W		Zumba-Bobby	Body Pump- Elbert	Body Combat-Lori Zumba-Yajaira	Body Pump-Lori
4:30PM	Stretch & Mobility Raven	Yoga-Cancelled				
5:30PM	Cycling-Stephanie Barre-Hannah			Stretch & Mobility-Raven		
6:00PM			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat-Ashley				
7:00PM			Hip Hop-Stephanie			

