



GROUP EXERCISE & SPINNING

THREE SPRINGS ROAD

MARCH 2019

	Sun	Monday		Tuesday	Wednesday		Thursday	Friday		Saturday
5:15-6:15 am		Total Tabata Joy H	Spin Joy G	Spin Joy H	Total Tabata Joy H	Spin Joy G	Spin Joy H	Total Tabata Joy H	Spin Joy G	
8:20-9:20 am		Power Up Joy G		RIPPED Ana	Power Up Allison		Spin Allison	Tabata Strength Beth	F.I.T. Tina	Spin Chandler
9:30-10:30 am		Spin Tina		Yoga Sara	Spin Jennifer		Stretch and Flex Heather		Spin Tina	<u>Mind & Body</u> 3/2 Stretch w/ Chandler 3/9 Yoga w/ Sara 3/16 Stretch w/ Chandler 3/23 Yoga w/ Sara 3/30 Yoga w/ Sara
4:30-5:30 pm		RIPPED Regina		Zumba Ana			RIPPED Ana			
5:30-6:30 pm		Spin Regina		Spin Beth Strong by Zumba Ana	Zumba Grace		Spin Beth Strong by Zumba Ana			

