

March Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
9	10	11	12	13
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
16	17	18	19	20
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
23	24	25	26	27
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
30	31			
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1630-1730 Yoga Flow (Robert)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)			