**March-April 2024 Group training monthly**

SATURDAY

8:00-9:00 am

**Spinning & Sculpt**

Stacy/Brenda

9:00-10:00 am

**Yoga**

Haley/Molly

**Group Personal Training monthly**

**Tuesdays, Thursday’s, Friday’s 6:00-6:45 am**

**sign up required.**

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

**Spring Break classes only are at**

**8 am classes**

**March 11-15th**

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**F.I.T**

Molly

4:30-5:15 pm

**Butts & Guts**

Steph

5:15-5:45 pm

**Circuit Interval**

Joel

5:45-6:30 pm

**Yoga**

Haley

###### THURSDAY

5:30-6:15 am

**Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

**Yoga**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

5:00-5:45 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

**Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

4:30-5:15 pm

**HIT**

Steph

5:30-6:30 pm

**Yoga**

Molly