



Aksarben MARCH 2020 Group Fitness Schedule

Sun: 8:00 am - 6:00 pm Mon: 5:00 am - 10:00 pm Tues: 5:00 am - 10:00 pm Wed: 5:00 am - 10:00 pm Thurs: 5:00 am - 10:00 pm Fri: 5:00 am - 9:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM Cycle 45 (Cycle)	9:15 AM Cardio/Strength Intervals 60 (Group X Studio)	8:30 AM Group Core® (Group X Studio)	9:15 AM Cardio/Strength Intervals 60 (Group X Studio)	9:15 AM Cycle 45 (Cycle)	9:15 AM Group Power® (Group X Studio)	8:00 AM Group Ride® (Cycle)
12:30 PM Zumba® (Group X Studio)	9:30 AM Yoga 60 (Mind Body)	9:00 AM Group Blast® (Group X Studio)	9:15 AM GENESIS Ultimate Upper Body (Group X Studio)	11:45 AM Strength 60 (Group X Studio)		9:15 AM Group Power® (Group X Studio)
	11:45 AM GENESIS Ultimate Upper Body (Group X Studio)	11:45 AM Group Power® (Group X Studio)	9:30 AM Yoga 60 (Mind Body)	5:30 PM Group Power® (Group X Studio)		9:30 AM Yoga 60 (Mind Body)
	5:00 PM Group Core® (Group X Studio)	5:30 PM Cycle 45 (Cycle)	9:45 AM GENESIS Rock Bottoms (Group X Studio)	5:45 PM Barre 60 (Mind Body)		10:30 AM Zumba® (Group X Studio)
	5:30 PM Group Blast® (Group X Studio)	5:30 PM Group Power® (Group X Studio)	5:00 PM Group Core® (Group X Studio)	6:35 PM Zumba® (Group X Studio)		
	6:35 PM Zumba® (Group X Studio)	5:45 PM Barre 60 (Mind Body)	5:30 PM Group Blast® (Group X Studio)			
	6:45 PM Yoga 60 (Mind Body)	6:35 PM Zumba® (Group X Studio)	6:45 PM Yoga 60 (Mind Body)			