



Boardwalk 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 - 10:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM Yoga 60 (Group X Studio)	9:15 AM Group Power® (Group X Studio)	9:15 AM Strength 60 (Group X Studio)	9:15 AM Cycle 60 (Cycle)	9:15 AM Barre 60 (Group X Studio)	9:15 AM Strength 60 (Group X Studio)	8:15 AM Group Power® (Group X Studio)
10:30 AM WERQ® (Group X Studio)	10:20 AM HIIT Chaos (Group X Studio)	10:20 AM GENESIS Simply Stretch (Group X Studio)	9:15 AM HIGH Fitness (Group X Studio)	10:20 AM Group Power® (Group X Studio)	10:20 AM Barre 60 (Group X Studio)	9:30 AM Cycle 60 (Cycle)
	5:00 PM Barre 60 (Group X Studio)	5:00 PM GENESIS Ultimate Upper Body (Group X Studio)	10:20 AM GENESIS Simply Stretch (Group X Studio)	5:00 PM HIIT Chaos (Group X Studio)		9:30 AM Zumba® (Group X Studio)
	6:00 PM Group Power® (Group X Studio)	5:30 PM GENESIS Rock Bottoms (Group X Studio)	5:00 PM Boot Camp 60 (Group X Studio)	6:00 PM Yoga 60 (Group X Studio)		10:45 AM Boot Camp 60 (Group X Studio)
	7:00 PM Zumba® (Group X Studio)	6:00 PM Yoga 60 (Group X Studio)	6:00 PM Zumba® (Group X Studio)	7:00 PM U-Jam Fitness (Group X Studio)		
		7:00 PM U-Jam Fitness (Group X Studio)	7:00 PM MixxedFit® (Group X Studio)			