



Broken Arrow 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
	5:15 AM Group Power® (Group X Studio)	5:15 AM Cycle 60 (Cycle)	5:15 AM Group Power® (Group X Studio)	5:15 AM Group Fight® (Group X Studio)	5:15 AM Cardio/Strength Intervals 45 (1)	8:00 AM Cycle 60 (Cycle)
	9:00 AM Aqua Athlete (Pool)	5:15 AM Group Blast® (Group X Studio)	8:30 AM Cardio/Strength Intervals 45 (1)	8:30 AM Barre 60 (Mind Body)	9:00 AM Aqua Athlete (Pool)	9:00 AM HIGH Fitness (Group X Studio)
	9:30 AM Group Fight® (Group X Studio)	6:15 AM Group Core® (Group X Studio)	9:00 AM Aqua Athlete (Pool)	9:00 AM Group Ride® (Cycle)	9:30 AM Group Fight® (Group X Studio)	10:00 AM Group Power® (Group X Studio)
	9:30 AM HIGH Fitness (Mind Body)	8:30 AM Barre 60 (Mind Body)	9:30 AM HIGH Fitness (Group X Studio)	9:30 AM Group Power® (Group X Studio)	10:15 AM Group Core® (Group X Studio)	11:00 AM Genesis Simply Stretch 45 (Group X Studio)
	10:15 AM Group Core® (Group X Studio)	9:00 AM Cycle 45 (Cycle)	10:30 AM Barre 60 (Mind Body)	10:30 AM GENESIS Simply Stretch (Group X Studio)	10:30 AM Pilates Fusion (Mind Body)	
	11:00 AM SilverSneakers® Classic (Group X Studio)	9:30 AM Group Power® (Group X Studio)	11:00 AM SilverSneakers® Classic (Group X Studio)	5:30 PM Group Power® (Group X Studio)	11:00 AM SilverSneakers® Classic (Group X Studio)	
	4:45 PM RUSH30 (Cycle)	10:30 AM GENESIS Simply Stretch (Group X Studio)	5:00 PM HIGH Fitness (Mind Body)	5:45 PM Cycle 45 (Cycle)		
	5:30 PM Group Power® (Group X Studio)	5:30 PM Group Core® (Group X Studio)	5:30 PM Cycle 45 (Cycle)			
	6:30 PM Yoga Stretch and Restore (Mind Body)	6:00 PM Group Active® (Group X Studio)	5:30 PM Group Power® (Group X Studio)			
			6:30 PM SHiNE Dance Fitness™ (Group X Studio)			

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30 PM

**Yoga Stretch and
Restore** (Mind Body)