



# East Central 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
	9:00 AM <b>Strictly Strength</b> (Studio A)	9:00 AM <b>Group Centergy®</b> (Studio B)	9:00 AM <b>Strictly Strength</b> (Studio A)	9:00 AM <b>Group Centergy®</b> (Studio B)		11:00 AM <b>Group Centergy®</b> (Studio B)
	9:30 AM <b>GENESIS Core 4</b> (Studio A)	4:30 PM <b>Group Centergy®</b> (Studio B)	10:00 AM <b>Yoga Gentle</b> (Studio B)			
	10:00 AM <b>Yoga Gentle</b> (Studio B)	5:30 PM <b>GENESIS Core 4</b> (Studio B)	5:30 PM <b>Group Power®</b> (Studio A)			
	5:30 PM <b>Group Power®</b> (Studio A)					