



Springfield South MARCH 2020 Group Fitness Schedule

Sun: Opens at 7:00 am Mon: Open 24 hours Tues: Open 24 hours Wed: Open 24 hours Thurs: Open 24 hours Fri: Open until 9:00 pm Sat: 7:00 am - 9:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 AM Aqua Intervals (Pool)	4:30 PM BODYPUMP™ 45 (1)	8:30 AM LES MILLS SPRINT™ (Cycle)	10:00 AM BODYBALANCE™ 45 (Studio A)	9:00 AM Aqua Intervals (Pool)	
	10:00 AM BODYPUMP™ 45 (1)		9:00 AM BODYPUMP™ 30 (1)			
	6:30 PM BODYPUMP™ 45 (Studio A)					