



St. Joseph MARCH 2020 Group Fitness Schedule

Sun: 8:00 am - 6:00 pm Mon: 5:00 am - 11:00 pm Tues: 5:00 am - 11:00 pm Wed: 5:00 am - 11:00 pm Thurs: 5:00 am - 11:00 pm Fri: 5:00 am - 9:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 AM Hatha Yoga (Studio C)	5:15 AM Cardio/Strength Intervals 45 (Studio A)		6:00 PM Boot Camp 60 (BBall Ct)		