



Topeka Southwest MARCH 2020 Group Fitness Schedule

Sun: 8:00 am - 6:00 pm Mon: 4:30 am - 11:00 pm Tues: 4:30 am - 11:00 pm Wed: 4:30 am - 11:00 pm Thurs: 4:30 am - 11:00 pm Fri: 4:30 am - 9:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AM Aqua Surge (Pool)	10:00 AM Aqua Surge (Pool)	5:45 AM R30® (Studio C)	10:00 AM Aqua Surge (Pool)	10:00 AM Aqua Athlete (Pool)		
	5:30 PM R30® (Studio B)	9:00 AM Yoga Gentle (Studio C)	6:30 PM Aqua Athlete (Pool)	4:30 PM Barre 45 (Studio C)		
	6:00 PM Cycle 30 (Studio B)	10:00 AM Aqua Athlete (Pool)		6:30 PM Aqua Surge (Pool)		
		6:30 PM Aqua Zumba® (Pool)				