



West Central 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
		9:15 AM Yoga 60 (Studio C)		10:15 AM Barre 45 (Studio A)	9:30 AM Aqua Surge (Pool)	
		9:15 AM Yoga 60 (Studio C)				
		10:15 AM Barre 45 (Studio A)				