



# Broken Arrow 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
	5:15 AM <b>Group Power®</b> (Group X Studio)	5:15 AM <b>Cycle 60</b> (Cycle)	5:15 AM <b>Group Power®</b> (Group X Studio)	5:15 AM <b>Group Fight®</b> (Group X Studio)	5:15 AM <b>Cardio/Strength Intervals 45</b> (1)	8:00 AM <b>Cycle 60</b> (Cycle)
	9:00 AM <b>Aqua Athlete</b> (Pool)	5:15 AM <b>Group Blast®</b> (Group X Studio)	8:30 AM <b>Cardio/Strength Intervals 45</b> (1)	8:30 AM <b>Barre 60</b> (Mind Body)	9:00 AM <b>Aqua Athlete</b> (Pool)	9:00 AM <b>HIGH Fitness</b> (Group X Studio)
	9:30 AM <b>Group Fight®</b> (Group X Studio)	6:15 AM <b>Group Core®</b> (Group X Studio)	9:00 AM <b>Aqua Athlete</b> (Pool)	9:00 AM <b>Group Ride®</b> (Cycle)	9:30 AM <b>Group Fight®</b> (Group X Studio)	10:00 AM <b>Group Power®</b> (Group X Studio)
	9:30 AM <b>HIGH Fitness</b> (Mind Body)	8:30 AM <b>Barre 60</b> (Mind Body)	9:30 AM <b>HIGH Fitness</b> (Group X Studio)	9:30 AM <b>Group Power®</b> (Group X Studio)	10:15 AM <b>Group Core®</b> (Group X Studio)	11:00 AM <b>Genesis Simply Stretch 45</b> (Group X Studio)
	10:15 AM <b>Group Core®</b> (Group X Studio)	9:00 AM <b>Cycle 45</b> (Cycle)	10:30 AM <b>Barre 60</b> (Mind Body)	10:30 AM <b>GENESIS Simply Stretch</b> (Group X Studio)	10:30 AM <b>Pilates Fusion</b> (Mind Body)	
	11:00 AM <b>SilverSneakers® Classic</b> (Group X Studio)	9:30 AM <b>Group Power®</b> (Group X Studio)	11:00 AM <b>SilverSneakers® Classic</b> (Group X Studio)	5:30 PM <b>Group Power®</b> (Group X Studio)	11:00 AM <b>SilverSneakers® Classic</b> (Group X Studio)	
	4:45 PM <b>RUSH30</b> (Cycle)	10:30 AM <b>GENESIS Simply Stretch</b> (Group X Studio)	5:00 PM <b>HIGH Fitness</b> (Mind Body)	5:45 PM <b>Cycle 45</b> (Cycle)		
	5:30 PM <b>Group Power®</b> (Group X Studio)	5:30 PM <b>Group Core®</b> (Group X Studio)	5:30 PM <b>Cycle 45</b> (Cycle)			
	6:30 PM <b>Yoga Stretch and Restore</b> (Mind Body)	6:00 PM <b>Group Active®</b> (Group X Studio)	5:30 PM <b>Group Power®</b> (Group X Studio)			
			6:30 PM <b>SHiNE Dance Fitness™</b> (Group X Studio)			

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30 PM

**Yoga Stretch and  
Restore** (Mind Body)