



Emporia 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
			6:30 PM Group Centergy® (Studio A)			9:00 AM GENESIS Ultimate Upper Body (Studio A) 9:30 AM GENESIS Rock Bottoms (Studio A)