Fort Collins Club MARCH 2020 Group Fitness Schedule

Sun: 6:00 am - 7:00 pm **Mon**: 4:30 am - 10:00 pm **Tues**: 4:30 am - 10:00 pm **Wed**: 4:30 am - 10:00 pm **Thurs**: 4:30 am - 10:00 pm **Fri**: 4:30 am - 10:00 pm **Sat**: 6:00 am - 7:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00 AM **Basic Training** (BBall Ct)		9:00 AM **Vinyasa Flow Yoga** (Studio C)		
		8:00 AM **Cardio/Strength Intervals 60** (Studio A)		9:15 AM **Vinyasa Flow Yoga** (Studio C)		
		9:05 AM **Step** (Studio A)				
		4:30 PM **LES MILLS CORE™ 30** (Studio A)				
		6:45 PM **Barre 60** (Studio B)				