



Miramont North 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 - 10:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15 PM Barre 60 (Studio 2)	5:30 PM Cardio Kickboxing (1)	6:15 AM BODYPUMP™ 60 (1)		9:15 AM Cardio Kickboxing (1)	
		5:30 PM Vinyasa Flow Yoga (Studio 2)	8:15 AM LES MILLS TONE™ 45 (1)			
			9:15 AM Cardio Kickboxing (1)			
			5:45 PM Cardio Kickboxing (1)			