



Rock Road MARCH 2020 Group Fitness Schedule

Sun: 8:00 am - 6:00 pm Mon: 5:00 am - 11:00 pm Tues: 5:00 am - 11:00 pm Wed: 5:00 am - 11:00 pm Thurs: 5:00 am - 11:00 pm Fri: 5:00 am - 9:00 pm Sat: 7:00 am - 6:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 PM GENESIS Ultimate Upper Body (Studio A)	9:00 AM Boot Camp 60 (AAT Studio)	10:00 AM Group Fight® (Studio A)	5:30 PM Cycle 30 (Cycle)	8:15 AM Group Ride® (Cycle)	10:00 AM Boot Camp 60 (AAT Studio)
	5:45 PM R30® (Cycle)	5:30 PM Cycle 60 (Cycle)	5:45 PM GENESIS Core 4 (Studio A)	6:00 PM GENESIS Simply Stretch 30 (Studio C)		
	6:15 PM GENESIS Rock Bottoms (Studio A)					