



Group Fitness March 2020 Schedule

	6AM-6:45AM	7:30AM-8:15AM	9AM-10AM	10:15AM-11AM	12PM-12:50	5:15PM- 6:05PM
Mon	Cardio Circuit	Pilates	BarreFit	S&S	Cardio Circuit	
Tue	Strength Circuit		Yoga		Strength Circuit	Breath Centred Yoga
Wed	Cardio Circuit		BarreFit	S&S	Cardio Circuit	Wellness Workshop March 4th
Thur	Strength Circuit		Yoga		Strength Circuit	Breath Centred Yoga
Fri	Core & More	Pilates			Wellness Annoucments Wellness Workshop: March 4th: Eating Right 5:30pm @ Wellness Center Big Loser Finale March 11th *Small Group Train \$10 per session	
Sat			Small Group Train			
Instructor	Greta	Janise	Martha	Sharon	Tom	
Trainer	Anne	Cam				