

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM CLOSED						
Happy Easter	8:00am Body Chisel-Chad NO CLUB VIBE TODAY!	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
	T 9:30am X-Core Cross Training*	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	9:00am KB/Glutes/Abs-Kara NO TURBOKICK TONIGHT	T 9:30am X-Core Cross Training*	NO RIPPED CLASS! NO FIGHT CLUB!
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa				
	T 6:30pm X-Core Cross Training*			T 6:30pm X-Core Cross Training*		
	7:00pm Yoga-Marie-Anne			6:30pm Deep Stretch-Marie-Anne		
	Due to Spring Break schedule, you may attend any X-Core Cross Training Class this week! Please note class changes!! Have a safe and healthy Spring Break if you are traveling!					
8	9	10	11	12	13	14
	8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill
2:00 pm Kickboxing-Reco	T 9:30am X-Core Cross Training*	T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	NO PiYo/TurboKick tonight!		10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
15	16	17	18	19	20	21
	8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
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2:00 pm Kickboxing-Reco	T 9:30am X-Core Cross Training**	T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith		10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
22	23	24	25	26	27	28
	8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
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	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
29	30					
	8:00am Body Chisel-Chad					
	9:30am Club Vibe-Jill					
2:00 pm Kickboxing-Reco	T 9:30am X-Core Cross Training*					
	5:30pm Muscle Mania-Mizelle					
	T 6:30pm X-Core Cross Training*					
	7:00pm Yoga-Marie-Anne					



Gym Schedule

(unless otherwise noted)
 Mon-Thurs: 6am-8pm
 Friday: 6am-6pm
 Saturday: 8am-1pm
 Sunday: 11am-4pm
 *Add'l charge for X-Core