

March 2022

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	→HIIT ZONE Stacy		→HIIT ZONE Stacy			
8:00	★ BARRE-Michelle	8:15■Burn & Build Jordan	★BODY PUMP - Jamie	8:15■Burn & Build Jordan	★BODY PUMP -Courtney	→HIIT ZONE Cristina
		8:30 SPLASH DANCE Pool - Michele				
9:00		→JUST STEP Kittrell	★ Yoga POWER FLOW Lisa		★ Yoga POWER FLOW Lisa	★STEPnTONE Thalia/Jesse
9:00	■CardioParty-Jamie	★PIYO-Amber	■CardioParty-Jamie	★PIYO-Amber		YinYoga w/ Detox Candice
10:00	★YogaGentleFlow- Tammy	★ Chair Yoga - Tammy	★55+ENERGIZE! Michele			
4:00	■Burn & Build Jordan					
5:00	★KIDFIT ages 5-11	★KIDFIT ages 5-11	★KIDFIT ages 5-11			
5:00		■ H.I.I.T FIT Cristina	■CardioKick Jesse & Thalia	■Burn & Build Jordan		
5:30	■CardioKick Jesse & Thalia	★DANCE FIT - Caley	★ BODY PUMP -Courtney	■Latin Jam Jesse		
5:30	★ Yoga Flow -Courtnea	5:45-EZ AQUA Tone -Janet				★ One hour class →45 minute class ■30minute class
6:00						