

MARCH - 2019 -- MACLEOD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strong by Zumba 09:40 AM	Force 09:40 AM	Rush 12:05 PM	CYCLE 12:10 PM	Force 09:40 AM	Force 09:15 AM	Force 09:15 AM
04 Elisa C	05 Elisa C	06 Eldridge A	07 Francesca R	01 Patti H	02 Patti H	03 Rachel D
11 Elisa C	12 Jerremy M	13 Eldridge A	14 Francesca R	08 Sara S	09 Patti H	10 Rachel D
18 Elisa C	19 Elisa C	20 Eldridge A	21 Francesca R	15 Patti H	16 Patti H	17 Rachel D
25 Elisa C	26 Michele R	27 Eldridge A	28 Gita G	22 Sara S	23 Patti H	24 Rachel D
				29 Patti H	30 Rachel D	31 Rachel D
ABSolution 30 5:00 PM	Fire 5:30 PM	TKO 5:30 PM	Zumba^ 5:30 PM	TKO 12:05 PM	CYCLE 09:15 AM	YOGA 10:30 AM
04 Nola R	05 Nola R	06 Russell P	07 Sam G	01 Russell P	02 Gita G	03 Pauline L
11 Nola R	12 Nola R	13 Russell P	14 Vanessa H	08 Russell P	09 Gita G	10 Rachel D
18 Nola R	19 Nola R	20 Russell P	21 Sam G	15 Russell P	16 Gita G	17 Pauline L
25 Nola R	26 Nola R	27 Russell P	28 Vanessa H	22 Russell P	23 Gita G	24 Pauline L
				29 Russell P	30 Gita G	31 Pauline L
Force 5:30 PM		Zumba^ 6:30 PM			STEP 10:20 AM	
04 Sara S		06 Sam G			02 Rachel D	
11 Sara S		13 Vanessa H			09 Rachel D	
18 Sara S		20 Charmaine T			16 Rachel D	
25 Sara S		27 Kelsey P			23 Rachel D	
					30 Rachel D	
Zumba^ 6:30 PM					Zumba^ 11:30 AM	
04 Kim T					02 Rachel D	
11 Kim T					09 Rachel D	
18 Kim T					16 Rachel D	
25 Ana P					23 Rachel D	
					30 Rachel D	

◆ Information is subject to change

For an up to date group fitness schedule please visit our website or download the World Health app