

MARCH - 2019 -- MIDNAPORE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		MetX & Core 09:40 AM		CYCLE 09:40 AM		TKO 09:40 AM		CYCLE 09:40 AM		TKO 09:15 AM		CYCLE 09:15 AM	
04	Brittany C	05	Jodi B	06	Naliya M	07	Tanya R	01	Jodi B	02	Jodi B	03	Jose B
11	Dorthea B	12	Jodi B	13	Naliya M	14	Tanya R	08	Jodi B	09	Jodi B	10	Jose B
18	Brittany C	19	Jodi B	20	Naliya M	21	Tanya R	15	Jodi B	16	Jodi B	17	Jose B
25	Brittany C	26	Jodi B	27	Naliya M	28	Tanya R	22	Jodi B	23	Jodi B	24	Jose B
TKO 09:30 AM		Zumba^ 5:45 PM		ABSolution 30 10:30 AM		LIFT 5:45 PM		ABSolution 30 10:30 AM		CYCLE 09:40 AM		Zumba^ 09:30 AM	
04	Tanya R	05	Jerremy M	06	Elyte B	07	Sunshine T	01	Jodi B	02	Jessica (M)	03	Kimberly A
11	Tanya R	12	Vanessa H	13	Elyte B	14	Sunshine T	08	Jodi B	09	Jessica M	10	Kimberly A
18	Tanya R	19	Vanessa H	20	Elyte B	21	Sunshine T	15	Jodi B	16	Jessica (M)	17	Kimberly A
25	Wendy A	26	Jerremy M	27	Elyte B	28	TBA	22	Jodi B	23	Wendy A	24	Kimberly A
CYCLE 5:45 PM		YOGA 6:45 PM		POUND 30min 5:15 PM		Zumba^ 6:45 PM		Zumba^ 6:00 PM		Strong by Zumba 10:30 AM		MetX & Core 10:45 AM	
04	Jessica (M)	05	Hailey C	06	Sara S	07	Kimberly A	01	Rachel D	02	Lu P	03	Wendy A
11	Jessica (M)	12	Hailey C	13	Sara S	14	Kimberly A	08	Rachel D	09	Lu P	10	NO CLASS
18	Jessica (M)	19	Hailey C	20	Sara S	21	Kimberly A	15	Rachel D	16	Lu P	17	Wendy A
25	Jessica (M)	26	Hailey C	27	Sara S	28	Kimberly A	22	Rachel D	23	Lu P	24	Wendy A
ABSolution 30 6:30 PM				Force 5:45 PM				29	Rachel D	30	Lu P	31	Wendy A
04	Elyte B			06	Sara S					YOGA 11:30 AM			
11	Elyte B			13	Sara S					02	Elyte B		
18	Elyte B			20	Sara S					09	Elyte B		
25	Elyte B			27	Sara S					16	Elyte B		
										23	Elyte B		
										30	Elyte B		

◆ Information is subject to change

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