

MARCH - 2019 -- SUNRIDGE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Fire 09:30 AM		STEP 09:30 AM		StepMix 09:30 AM		MetX & Core 09:30 AM		Fire 09:30 AM		Zumba^ 09:30 AM		
04	Kandi L	05	Kandi L	06	Cindy W	07	Trainer ^	01	Jumana A	02	Vanessa H	
11	Kandi L	12	Kandi L	13	Cindy W	14	Trainer ^	08	Jumana A	09	Vanessa H	
18	Kandi L	19	Kandi L	20	Cindy W	21	Trainer ^	15	Jumana A	16	Vanessa H	
25	Kandi L	26	Kandi L	27	Cindy W	28	Trainer ^	22	Philomena V	23	Vanessa H	
Force express 4:45 PM		Strong by Zumba 5:30 PM		Force 5:30 PM		Master* Mobility 4:45 PM		Philomena V		Vanessa H		
04	Marjorie M	05	Constanza S	06	Danielle S	07	Eric B			TKO 10:30 AM		
11	Jeremy M	12	Constanza S	13	Danielle S	14	Eric B			02	Jacelyn O	
18	Marjorie M	19	Constanza S	20	Danielle S	21	Eric B			09	Jacelyn O	
25	Jeremy M	26	Constanza S	27	Danielle S	28	Eric B			16	Jacelyn O	
Zumba^ 5:30 PM						Zumba^ 5:30 PM				23	Jacelyn O	
04	Jeremy M					07	Vanessa H			30	Jacelyn O	
11	Jeremy M					14	Sam G					
18	Jeremy M					21	Vanessa H					
25	Jeremy M					28	Sam G					

◆ Information is subject to change

For an update group fitness schedule please visit our website or
download the World Health app