

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b></p> <p>All group fitness classes are free to members unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 779-4593.                      *Class held in the West Indoor Pool</p>			<p><b>1</b>                      5:30 BODYPUMP®—Tommi                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!—Kate                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>2</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Janelle/Sean                      6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>3</b>                      5:30am BODYPUMP®— Tommi                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>4</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean</p>
<p><b>5</b>                      3:00 SUNDAY YOGA—Shelbi</p>	<p><b>6</b>                      5:30am BARBELL STRENGTH-Ali                      9:00 BODYCOMBAT®--Vicky                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45-Janelle/Sean</p>	<p><b>7</b>                      9:00 BODYPUMP®—Rock                      5:00 pm HIIT!--Kristina</p>	<p><b>8</b>                      5:30 BODYPUMP®—Tommi                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!—Kate                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>9</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Janelle/Sean                      6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>10</b>                      5:30am BODYPUMP® 50- Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>11</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean</p>
<p><b>12</b>                      3:00 SUNDAY YOGA-- Shelbi</p>	<p><b>13</b>                      5:30am BARBELL STRENGTH-Ali                      9:00 BODYCOMBAT®--Vicky                      10:15 BODYPUMP®--Rock                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45--Sean</p>	<p><b>14</b>                      9:00 BODYPUMP®—Rock                      5:00 pm HIIT!--Emilia</p>	<p><b>15</b>                      5:30 BODYPUMP®—Angie R                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!—Kate                      4:15 BARRE/PILATES Fusion 45                      --Kristina                      5:30 BODYCOMBAT®--VICKY</p>	<p><b>16</b>                      9:00 BODYPUMP®—Tommi                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —SEAN</p>	<p><b>17</b>                      5:30am BODYPUMP® 50--Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi</p>	<p><b>18</b>                      8:15 BODYCOMBAT®                      — Vicky                      9:30 BODYPUMP®                      —Sean</p>
<p><b>19</b>                      3:00 SUNDAY YOGA—Shelbi</p>	<p><b>20</b>                      5:30am BARBELL STRENGTH-Ali                      9:00 BODYCOMBAT®--Vicky                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45--Janelle/Sean</p>	<p><b>21</b>                      9:00 BODYPUMP®—Rock                      5:00 pm HIIT!--Kristina</p>	<p><b>22</b>                      5:30 BODYPUMP®—Tommi                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!—Kate                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>23</b>                      9:00 BODYPUMP®—ROCK                      5:15 SPRINT™ --Janelle/Sean                      6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>24</b>                      5:30am BODYPUMP® 50-Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>25</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean</p>
<p><b>26</b>                      3:00 SUNDAY YOGA—Carol</p>	<p><b>27</b>                      5:30am BARBELL STRENGTH-Ali                      9:00 BODYCOMBAT®--Vicky                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™ --Janelle/Sean                      6:00 BODYPUMP® 45--Janelle</p>	<p><b>28</b>                      9:00 BODYPUMP®—Rock                      5:00 pm HIIT!--Kristina</p>	<p><b>29</b>                      5:30 BODYPUMP®—Tommi                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!—Kate                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>30</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Janelle/Sean                      6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>31</b>                      5:30am BODYPUMP®— Tommi                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	

**MARCH 2023**

**GROUP FITNESS DIAMOND ROOM - WEST**

**FLAGSTAFF ATHLETIC CLUB**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      All group fitness classes are free to members unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 779-4593.</p>			<p><b>1</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>2</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Erin</p>	<p><b>3</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>4</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p><b>5</b></p>	<p><b>6</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>7</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie 6:15 VINYASA FLOW--Kent</p>	<p><b>8</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>9</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>10</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>11</b> 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p><b>12</b></p>	<p><b>13</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Shelbi</p>	<p><b>14</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Darrin 6:15 VINYASA FLOW--Kent</p>	<p><b>15</b> 1:30 LUNCHTIME YOGA --Michael</p>	<p><b>16</b> 10:15 ROCKOUT with TRX--Robb 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>17</b> 1:30 LUNCHTIME YOGA--Kent 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>18</b> 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p><b>19</b></p>	<p><b>20</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>21</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--DeAnn 5:15 RPM™--Angie R 6:15 VINYASA FLOW--Kent</p>	<p><b>22</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>23</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--DeAnn 6:15 VINYASA FLOW--Kent</p>	<p><b>24</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>25</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p><b>26</b></p>	<p><b>27</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>28</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW--Kent</p>	<p><b>29</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>30</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-- Kent</p>	<p><b>31</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	

MARCH 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      All group fitness classes are free to members                      unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			<p><b>1</b>                      5:30 HIIT STRENGTH--Maya                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Strength--Rachel                      5:30 Power Yoga-- Shelbi</p>	<p><b>2</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 KICKBOXING--Ali                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION &amp;                      SOLE TRAINING--Angie A                      6:00 BODYPUMP® 45--Ely</p>	<p><b>3</b>                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C.45--DeAnn                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH--Julie                      12:45 SilverSneakers® CLASSIC--Julie                      4:00 YOGA BASICS--DeAnn</p>	<p><b>4</b>                      8:15 PILATES/STRETCH FUSION                      --Kristina                      9:30 BODYGROOVE--DeAnn                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>5</b>                      2:45 SOULfusion--Angie A</p>	<p><b>6</b>                      5:30 GRIT™ Athletic--Stephanie                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Cardio--Rachel                      5:30 BODYJAM® 30--Dayne                      6:00 STEP &amp; STRENGTH</p>	<p><b>7</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE 100's--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 BODYGROOVE--DeAnn</p>	<p><b>8</b>                      5:30 GRIT™ Strength--Kristi                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Strength--Rachel                      5:30 Power Yoga-- Shelbi</p>	<p><b>9</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 KICKBOXING--Ali                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--DeAnn                      4:45 BARRE FUSION --Angie                      6:00 BODYPUMP® 45--Ely</p>	<p><b>10</b>                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C.45--DeAnn                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH--Julie                      12:45 SilverSneakers® CLASSIC--Julie                      4:00 YOGA BASICS--DeAnn</p>	<p><b>11</b>                      8:15 UNWIND YOGA--Carol                      9:30 DANCE PARTY!--Carol                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>12</b>                      2:45 SOULfusion--Angie A</p>	<p><b>13</b>                      5:30 GRIT™ Cardio--Stephanie                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Cardio--Rachel                      5:30 BODYJAM® 30--Dayne                      6:00 STEP &amp; STRENGTH--Dayne</p>	<p><b>14</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES--Julie                      9:00 BARBELL STRENGTH--Ali                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:00 BARBELL STRENGTH 45--Bri</p>	<p><b>15</b>                      5:30 HIIT STRENGTH--Maya                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Strength--Rachel                      5:30 Power Yoga--Shelbi</p>	<p><b>16</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 KICKBOXING--Ali                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION-- Kristina                      6:00 BARBELL STRENGHT 45-Bri</p>	<p><b>17</b>                      9:00 Bodypump-Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      4:00 YOGA BASICS--Carol</p>	<p><b>18</b>                      8:15 UNWIND YOGA--Carol                      9:30 DANCE PARTY!--Carol                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>19</b>                      2:45 SOULfusion--Angie A</p>	<p><b>20</b>                      5:30 GRIT™ Cardio--Stephanie                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 HIIT!-- Kristina                      5:30 BODYJAM® 30--Dayne                      6:00 STEP &amp; STRENGTH--Dayne</p>	<p><b>21</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 BODYGROOVE--DeAnn</p>	<p><b>22</b>                      5:30 GRIT™ Strength--Kristi                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Strength--Kristi                      5:30 Power Yoga--Shelbi</p>	<p><b>23</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 KICKBOXING--Ali                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION-- Angie A                      6:00 BODYPUMP 45--Ely</p>	<p><b>24</b>                      9:00 Bodypump-Angie R                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      4:00 YOGA BASICS--DeAnn</p>	<p><b>25</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA! --Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>26</b>                      2:45 SOULfusion--Angie A</p>	<p><b>27</b>                      5:30 GRIT™ Athletic--Stephanie                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Cardio--Rachel                      5:30 BODYJAM® 30--Dayne                      6:00 STEP &amp; STRENGTH--Dayne</p>	<p><b>28</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP® --Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 BARRE ABOVE--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 BODYGROOVE--DeAnn</p>	<p><b>29</b>                      5:30 GRIT™ Strength--Kristi                      8:30 STEP--Laurie                      9:00 AQUA BASICS--DeAnn                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 GRIT™ Strength--Rachel                      5:30 Power Yoga--Shelbi</p>	<p><b>30</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 KICKBOXING--Ali                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 BARRE FUSION--Angie A                      6:00 BODYPUMP® 45 --Ely</p>	<p><b>31</b>                      9:00 BODYPUMP® --Kate                      10:00 AQUA B.A.S.I.C. 45--DeAnn                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      4:00 YOGA BASICS--DeAnn</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			<p>1                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      11:00 BODYJAM® 45--Jules</p>	<p>2                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE --Laurie</p>	<p>3                      10:15 ZUMBA!--Kate                      12:00 PILATES--Richard</p>	<p>4</p>
<p>5</p>	<p>6                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Angie                      5:30pm Evening Yoga-DeAnn</p>	<p>7                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>8                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      11:00 BODYJAM® 45--Jules</p>	<p>9                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE --Laurie</p>	<p>10                      10:15 ZUMBA!--Kate                      12:00 PILATES--Richard</p>	<p>11</p>
<p>12</p>	<p>13                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      5:30pm Evening Yoga-Shelbi</p>	<p>14                      5:30am CYCLEFIT--Ali                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>15                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      11:00 BODYJAM® 45--Jules</p>	<p>16                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie</p>	<p>17                      10:15 ZUMBA!--Kate                      12:00 PILATES--Richard</p>	<p>18</p>
<p>19</p>	<p>20                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      5:30pm Evening Yoga-Shelbi</p>	<p>21                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>22                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      11:00 BODYJAM® 45--Jules</p>	<p>23                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie</p>	<p>24                      10:15 ZUMBA!--Kate                      12:00 PILATES--Richard</p>	<p>25</p>
<p>26</p>	<p>27                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      5:30pm Evening Yoga-DeAnn</p>	<p>28                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>29                      8:30 TRX FULL BODY TRAINING --Robb                      9:45 PILATES--Richard                      11:00 BODYJAM® 45--Jules</p>	<p>30                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie</p>	<p>31                      10:15 ZUMBA!--Kate                      12:00 PILATES--Richard</p>	