



## MARCH WEEKEND SCHEDULE (JOHN P. THAYER)

### FRIDAY

	MARCH 6TH	MARCH 13TH	MARCH 20TH	MARCH 27TH
12:15 p.m.	<b>LES MILLS SH'BAM</b> Kayla	<b>LES MILLS SH'BAM</b> Kayla	<b>LES MILLS SH'BAM</b> Kayla	<b>LES MILLS SH'BAM</b> Kayla
5:45 p.m.	<b>LES MILLS RPM</b> EXP. Annika	<b>LES MILLS RPM</b> EXP. Erica	<b>LES MILLS RPM</b> EXP. Mark	<b>LES MILLS RPM</b> EXP. Nadean

### SATURDAY

	MARCH 7TH	MARCH 14TH	MARCH 21ST	MARCH 28TH
8:30 a.m.	<b>LES MILLS BODYPUMP</b> Hannah	<b>LES MILLS BODYPUMP</b> Karen	<b>LES MILLS BODYPUMP</b> Tiffany	<b>LES MILLS BODYPUMP</b> Erica
9:00 a.m.	<b>sprint</b> Rachel	<b>sprint</b> Tiffany	<b>sprint</b> Nadean	<b>sprint</b> Bill
9:30 a.m.	<b>LES MILLS BODYCOMBAT</b> May	<b>LES MILLS BODYCOMBAT</b> Karen	<b>LES MILLS BODYCOMBAT</b> Hannah	<b>LES MILLS BODYCOMBAT</b> Tiffany
9:45 a.m.	<b>LES MILLS RPM</b> Sharon	<b>LES MILLS RPM</b> Bill	<b>LES MILLS RPM</b> Tiffany	<b>LES MILLS RPM</b> Erica
10:15 a.m.	Aqua Fit Carmen	Aqua Fit Rita	Aqua Fit Rita	Aqua Fit Carmen
10:30 a.m.	<b>LES MILLS CXWORX</b> Tiffany	<b>LES MILLS CXWORX</b> Taylor	<b>LES MILLS CXWORX</b> Hannah	<b>LES MILLS CXWORX</b> Georgia
11:15 a.m.	YOGA Ronni	YOGA Ronni	YOGA Charlotte	YOGA Tessa

### SUNDAY

	MARCH 1ST	MARCH 8TH	MARCH 15TH	MARCH 22ND	MARCH 29TH
2:30 p.m.	<b>LES MILLS BODYPUMP</b> Andrea	<b>LES MILLS BODYPUMP</b> Kayla	<b>LES MILLS BODYPUMP</b> Candice	<b>LES MILLS BODYPUMP</b> Kayla	<b>LES MILLS BODYPUMP</b> Mark
3:30 p.m.	<b>CARDIO BLAST</b> Danetra	<b>CARDIO BLAST</b> Annika	<b>POUND</b> Taylor	<b>POUND</b> Abby	<b>POUND</b> Abby

#### FACILITY HOURS

Monday - Friday: 5AM - 8PM  
Saturday: 8AM - 4PM  
Sunday: 1PM - 5PM

#### CHILD WATCH HOURS

Friday: 9AM - 1:30PM  
Saturday: 8:15AM - 1:00PM



## MARCH WEEKEND SCHEDULE (D.A. TURNER)

### FRIDAY

		MARCH 6TH	MARCH 13TH	MARCH 20TH	MARCH 27th
5:30 p.m.		<b>LES MILLS</b> <b>BODYPUMP</b> EXP. Rachel	<b>LES MILLS</b> <b>BODYPUMP</b> EXP. Candice	<b>LES MILLS</b> <b>BODYPUMP</b> EXP. Andrea	<b>LES MILLS</b> <b>BODYPUMP</b> EXP. Georgia

### SATURDAY

		MARCH 7TH	MARCH 14TH	MARCH 21ST	MARCH 28TH
8:10 a.m. Room #1		LesMILLS RPM Nadean	LesMILLS RPM Mark	LesMILLS RPM Annika	LesMILLS RPM Annika
8:30 a.m. Room #2		LesMILLS BODYPUMP Bill	LesMILLS BODYPUMP Judy	LesMILLS BODYPUMP Mark	LesMILLS BODYPUMP Andrea
9:00 a.m. Room #1		LesMILLS CXWORX Judy	LesMILLS CXWORX Mark	LesMILLS CXWORX Andrea	LesMILLS CXWORX Annika
9:30 a.m. Room #1		LesMILLS SH'BAM Nadean	LesMILLS SH'BAM Kayla	LesMILLS SH'BAM Abby	LesMILLS SH'BAM Candice
9:30 a.m. Room #2		YOGA Ashley	Pilates Georgia	YOGA Tessa	Pilates Judy
10:30 a.m. Room #2					the Y sculpt Ashley

### SUNDAY

	MARCH 1ST	MARCH 8TH	MARCH 15TH	MARCH 22ND	MARCH 29th
2:00 p.m.	<b>LES MILLS</b> <b>RPM</b> Bill	<b>LES MILLS</b> <b>RPM</b> Bill	<b>LES MILLS</b> <b>RPM</b> Bill	<b>LES MILLS</b> <b>RPM</b> Bill	<b>LES MILLS</b> <b>RPM</b> Bill
3:00 p.m.	<b>LES MILLS</b> <b>CXWORX</b> Karen	<b>LES MILLS</b> <b>CXWORX</b> Nadean	<b>LES MILLS</b> <b>CXWORX</b> Rachel	<b>LES MILLS</b> <b>CXWORX</b> Taylor & Andie	<b>LES MILLS</b> <b>CXWORX</b> Andie
3:30 p.m.	YOGA Sara	YOGA Candice	YOGA Sara	YOGA Ronni	YOGA Sara

#### CHILD WATCH HOURS

Friday:  
8AM - 12:15PM;  
4:30PM - 7:30PM  
Saturday:  
8:30AM - 12:30PM

#### FACILITY HOURS

Monday - Friday:  
6AM - 9PM  
Saturday: 8AM - 5PM  
Sunday: 1PM - 5PM