




March Break 2017

Yoga & Fitness Classes/ Open Gym

A Class for Every Body.

March 12th - March 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Weight Training (Lissette)		7am FitCamp (Juan)		7am Weight Training (Darnelle)		
					8am FitCamp (Juan)	
	9:30am Hatha Yoga (Niki)	9:30am Core N More (Jessi)	9:30am Hatha Yoga (Ben)	9:30am FitCamp (Jessi)	9:15am  ZUMBA (Amy)	
						10:30am FitCamp (Jessi)
	6pm - 45 mins Advanced FitCamp (Lorenzo)					
					5pm - 75 mins Hatha Yoga (Niki)	4pm - 75 mins Yin Yoga (Nadine)
6pm FitCamp X (Juan)	7pm Hatha Yoga (Lucy)	6pm Weight Training (Lorenzo)	6pm - 45 mins Advanced FitCamp (Alexa)			
	8:15pm Hatha Flow (Lucy)					

Please check **ONLINE SCHEDULE** for most up to date information on class times/cancellations