

# GROUP X CLASSES

## MARCH

### MON

6:00AM	HIIT* • JILLIAN
7:00AM	6 PACK ABS* • JILLIAN
11:30AM	CARDIO CIRCUIT* • CHRISTINA
5:00PM	BOOTCAMP* • LUIGI

### TUES

11:30AM	TABATA* • CHRISTINA
5:00PM	STRENGTH & CONDITIONING* • TOBY
6:00PM	ARMS & ABS* • TOBY

### WED

11:30AM	CARDIO CIRCUIT* • CHRISTINA
4:00PM	BOOT CAMP* • LUIGI
5:00PM	STRENGTH & CONDITIONING* • TOBY
6:30PM	ARMS & ABS* • TOBY

### THUR

6:00AM	HITT* • JILLIAN
7:00AM	SIX PACK ABS* • JILLIAN
5:00PM	POWER SPIN* • ALEXANDRA

### FRI

11:30AM	CARDIO CIRCUIT* • CHRISTINA
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\*FIP CLASSES GIVE MILITARY MEMBERS PRIORITY

MASKS MUST BE WORN UNLESS PERFORMING ACTIVE CARDIO EXERCISES

MAINTAIN 6FT OF DISTANCE AT ALL TIMES

All classes are FREE & first come first serve.

No classes held on holidays.



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