

## PIVOTAL FITNESS CLASS SCHEDULES – MARCH 2018

### Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AFTERNOON/EVENING</b>							
5:30p		Studio Cycle JIM		Studio Cycle JIM			

### Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
9:15a						Warrior Flow MICHELLE	
9:30a	Barre ELI		Barre ELI		Barre ELI		
<b>AFTERNOON/EVENING</b>							
12:15p	Warrior Flow KATHERINE L	Warrior Flow MICHELLE	Warrior Flow KAITLIN	Warrior Flow KATHERINE J	Warrior Flow CELIA		
4:00p	Solar Flow KATHERINE J		Warrior Flow JOE				
5:45p	Warrior Flow KATHERINE J	All Level Yoga CELIA	Solar Flow JOE	Warrior Flow MICHELLE			
7:15p	Warrior Flow KATHERINE L	Deep Stretch CELIA					

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## **RedZone**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
<b>6:00a</b>	RedZone ROBERT	RedZone YANCEY	RedZone MEGAN	RedZone MEGAN	RedZone YANCEY		
<b>8:00a</b>		RedZone Combat YANCEY		RedZone YANCEY			
<b>9:00a</b>	RedZone ROBERT		RedZone MEGAN		RedZone YANCEY		
<b>9:30a</b>						RedZone	
<b>10:45a</b>						RedZone	
<b>11:00a</b>		RedZone YANCEY	RedZone MEGAN	RedZone MEGAN	RedZone YANCEY		
<b>AFTERNOON/EVENING</b>							
<b>12:00p</b>	RedZone ROBERT		RedZone MEGAN		RedZone YANCEY		
<b>5:30p</b>		RedZone ROBERT		RedZone YANCEY			
<b>6:00p</b>	RedZone MEGAN		RedZone ROBERT				