

PIVOTAL FITNESS CLASS SCHEDULES – MARCH 2018

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
7:30a		Body Shred 30 BECKY		Body Shred 30 BECKY			
8:30a	Cardio Strength PAM	Functional Fitness JEANANNE	Cardio Strength PAM	Bosu Total Body TRACY	Cardio Strength PAM	Body Shred BECKY	
9:30a	Diesel Conditioning TRACY		Diesel Conditioning TRACY		Diesel Conditioning TRACY		
10:30a		Definitions JENNIFER		Definitions JEANANNE			
11:00a					Basic Conditioning PAM		
AFTERNOON/EVENING							
3:00p	Basic Conditioning PAM		Basic Conditioning PAM				
4:00p	Body Shred 30 BECKY		Body Shred 30 BECKY				
4:30p	Cardio Strength PAM		Cardio Strength PAM		Definitions JEANANNE		
5:30p	Body Shred LOIS	Definitions JEANANNE	Body Shred LOIS	Definitions SUE			
6:30p	Core Cuts SHANNON		Core Cuts SHANNON				



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Cycle

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MORNING							
6:00a	Rad Ride KYLE	Studio Cycle BECKY	Rad Ride KYLE	Studio Cycle BECKY	Rad Ride KYLE		
8:00a		Cycle 30 LOIS		Cycle 30 LOIS			
8:30a	Studio Cycle 45 KYLE	Core Cuts LOIS	Studio Cycle 45 KYLE	Core Cuts LOIS	Studio Cycle 45 KYLE	Studio Cycle 45 KYLE	
9:15a	Rad Ride KYLE	Studio Cycle 45 AMY	Rad Ride KYLE	Studio Cycle 45 AMY	Rad Ride KYLE		
9:30a						Studio Cycle KYLE	
10:00a							Studio Cycle BECKY
AFTERNOON/EVENING							
12:00p		Studio Cycle CATHERINE		Studio Cycle CATHERINE			
4:00p							Studio Cycle CATHERINE
4:30p	Studio Cycle 45 BECKY		Studio Cycle 45 BECKY				
5:30p	Studio Cycle ALLYSON	Studio Cycle KARA	Studio Cycle ALLYSON	Studio Cycle KARA			
6:30p		Studio Cycle 30 KARA					



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Yoga/Barre

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MORNING							
6:00a			Warrior Flow JIM				
8:00a		Warrior Flow JIM		Warrior Flow KRISTEN			
8:30a						Warrior Flow MOLLY	Solar Flow 75 JIM
9:15a	Solar Flow 75 CATHY	Warrior Flow MORGAN	Solar Flow 75 KATHERINE	Warrior Flow CATHY	Solar Flow 75 CURTIS		
9:30a		Barre Fusion LOIS		Barre Fusion ELI		Barre JEANANNE	
10:45a	Deep Stretch KATHERINE	Deep Stretch TRACY	Deep Stretch TRACY	Deep Stretch CATHY	Deep Stretch CURTIS	All Levels Yoga MOLLY	
AFTERNOON/EVENING							
12:00p	Barre Fusion JEANANNE		Barre Fusion JIM		Barre Fusion ELI		
12:15p	Warrior Flow GRETCHEN	Warrior Flow MORGAN	Warrior Flow DARCY	Warrior Flow DARCY	Warrior Flow GRETCHEN		
4:30p		Barre JIM		Barre ELI			
5:00p							Warrior Flow CELIA
5:45p	Warrior Flow 75 JIM	Solar Flow 75 MOLLY	All Levels Yoga CELIA				
7:15p	Warrior Flow JIM	Deep Stretch MOLLY		Deep Stretch DARCY			



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RedZone

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MORNING							
5:15a	RedZone Express YANCEY				RedZone Express MEGAN		
6:00a			RedZone ROBERT				
7:00a	RedZone YANCEY		RedZone ROBERT		RedZone MEGAN		
8:00a		RedZone ELIZABETH		RedZone LARSYN			
8:15a	RedZone YANCEY		RedZone ROBERT		RedZone MEGAN		
8:30a						RedZone MEGAN	
9:30a	RedZone ELIZABETH	RedZone ELIZABETH	RedZone ELIZABETH	RedZone LARSYN	RedZone ELIZABETH		
9:45a						RedZone MEGAN	
10:30a			RedZone Combat ROBERT				
AFTERNOON/EVENING							
4:30p		RedZone ISAIAH		RedZone ISAIAH			
5:30p	RedZone ROBERT		RedZone ELIZABETH				



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Forge

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MORNING							
6:00a		Forge KYLE		Forge KYLE			
8:00a	Forge LOIS		Forge LOIS				
8:30a		Forge KYLE		Forge KYLE			
10:30a	Forge KYLE				Forge KYLE		
AFTERNOON/EVENING							
5:00p		Forge KYLE		Forge KYLE			