

PIVOTAL FITNESS CLASS SCHEDULES – MARCH 2018

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:30a		Cardio Strength CASEY		Cardio Strength JENNIE		Dance Jam CHRIS	
9:30a	Body Pump LAURA		Body Pump LAURA				
9:45a					Core Cuts DONNA	Body Pump RENAE	
10:30a	Core de Force JENNIE	Piloxing LAUREN	Dance Jam KARISSA	Dance Jam RYAN	Zumba KIRK		Dance Jam KARISSA
AFTERNOON/EVENING							
12:00p	Tread N Shed JENNIE	Kickboxing 30 RENAE		Dance Jam 30 RYAN			
5:00p		Step LAURA	Core Cuts 30 JENNIE				
5:15p	Body Pump RENAE						
5:30p			Core de Force JENNIE				
6:00p				Core Centric TRAINERS			
6:15p	Dance Jam CHRIS						
6:30p		Zumba JACKIE	Dance Jam HEATHER S				
7:00p				Dance Jam KARISSA			



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Cycle

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MORNING							
5:00a			Cycle 30 RENAE				
5:30a		Cycle RENAE		Cycle TRISH			
8:30a	Cycle JAMIE		Cycle JAMIE		Cycle DONNA	Cycle MARK	
9:30a							Cycle RENAE
AFTERNOON/EVENING							
12:00p					Cycle 30 RENAE		
5:00p				Cycle RENAE			
5:30p		Cycle TRISH					
6:15p	Cycle LAUREN						
6:30p			Cycle MARK				



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Yoga/Barre

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MORNING							
5:30a			Core Cuts 30 RENAE				
8:30a	Barre SARAH						
9:30a		Barre HEATHER		Pilates KELLI	Yoga SERENA		
10:30a				Barre SARAH			
11:00a						PiYo JILL	
AFTERNOON/EVENING							
2:30p							Yoga JEN Y
4:00p					Yoga ALYSSA		
4:30p	Core Cuts 30 RENAE		Barre ELI	Core Cuts 30 RENAE			
5:00p					Barre HEATHER		
6:00p	Barre HEATHER	Yoga SERENA	POP! Pilates EMILY	Yoga KORIN			
7:00p	Yoga KORIN		Yoga ALYSSA				

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RedZone

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MORNING							
6:00a		RedZone		RedZone ROB			
8:30a		RedZone Combat				RedZone Extreme	
9:30a	RedZone MOLLY	RedZone	RedZone YANCEY	RedZone ROB	RedZone YANCEY		
10:00a						RedZone	
10:30a							RedZone YANCEY
AFTERNOON/EVENING							
4:30p	RedZone YANCEY		RedZone ROB				
5:45p	RedZone YANCEY		RedZone ROB		RedZone		
6:00p		RedZone Combat		RedZone ROB			
7:00p	RedZone	RedZone		RedZone ROB			



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Forge

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MORNING							
5:00a	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA		
8:00a	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA		
8:15a						Forge LAURA	
AFTERNOON/EVENING							
5:00p	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA		
6:00p	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA	Forge LAURA		