

# PIVOTAL FITNESS CLASS SCHEDULES – MARCH 2018

## **Group Fitness**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
8:30a					Def-Con Cycle ANGIE		
9:00a	Core Cuts ANGIE					Def-Con KAREN	
9:30a		Body Pump ANGIE	Core Cuts TIFFANY		Deep Stretch FRED		
9:45a				Body Pump TIFFANY			
10:15a						Body Pump LAUREN	
<b>AFTERNOON/EVENING</b>							
4:15p		Body Pump TIFFANY		Body Pump ANGIE	Cardio Strength TIFFANY		
5:30p	Core Cuts KAREN	Funk N Weights ANGELO	Body Pump TIFFANY	Funk N Weights ANGELO			
6:00p	Cardio Strength KAREN						
6:30p	Zumba MISTY		Zumba MISTY				

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### *Cycle*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
6:00a		Cycle 60 BRETT		Cycle 60 ELI			
8:30a	Cycle 60 ANGIE				Def-Con Cycle ANGIE	Cycle 60 LAUREN	
9:00a			Cycle 60 ANGIE				
<b>AFTERNOON/EVENING</b>							
4:30p	Cycle 30 TIFFANY						
6:00p		Cycle 45 TIFFANY		Cycle 30 LAUREN			

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### *Yoga/Barre*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
6:00a	Barre ELI				Yoga MICHAEL		
8:30a	Barre ASHLEY	Yoga CELIA		Yoga CHERISH	Barre ASHLEY	Yoga JOE	
9:30a	Barre ASHLEY		Barre ASHLEY		Barre ASHLEY		
9:45a		Barre ELI		Barre ELI		Barre ELI	
<b>AFTERNOON/EVENING</b>							
4:15p	Barre SARA		Barre SARA	Yoga KELLY			
5:00p							Yoga KELLY
5:30p	Barre ELI	Barre KELLY	Barre KELLY	Barre KELLY			

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## **RedZone**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
<b>5:30a</b>	RedZone MEGAN		RedZone YANCEY				
<b>8:30a</b>	RedZone TIFFANY	RedZone FRED	RedZone YANCEY	RedZone TIFFANY	RedZone LAUREN		
<b>9:00a</b>						RedZone Extreme TIFFANY	
<b>9:30a</b>		RedZone Combat FRED		RedZone Combat FRED			
<b>9:45a</b>	RedZone ANGIE		RedZone YANCEY		RedZone LAUREN		
<b>10:30a</b>							RedZone ROBB
<b>AFTERNOON/EVENING</b>							
<b>4:15p</b>	RedZone CHRISTEN		RedZone MEGAN				
<b>5:30p</b>	RedZone TIFFANY	RedZone	RedZone MEGAN	RedZone ROB	RedZone LAUREN		