



March 2021

Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00p - 6:00p REDZONE	6:00a - 7:00a REDZONE	5:00p - 6:00p REDZONE	6:00a - 7:00a REDZONE		9:00a - 10:00a REDZONE
	9:15a - 10:15 WARRIOR FLOW	9:15a - 10:15 WARRIOR FLOW			
	10:15a - 11:00a DEEP STRETCH YOGA	10:15a - 11:00a DEEP STRETCH YOGA			