



March 2021

Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a - 6:30a CYCLE	5:30a - 6:30a 3-2-1 FIT	5:30a - 6:30a CYCLE	5:30a - 6:30a 3-2-1 FIT	5:30a - 6:30a CYCLE	7:00a - 8:00a CYCLE	9:00a - 10:00am 20/20/20 CYCLE
5:30a - 6:30a REDZONE	7:00a - 8:00a REDZONE	5:30a - 6:30a REDZONE	7:00a - 8:00a REDZONE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a BODYPUMP	10:00a - 11:00a WARRIOR FLOW
8:00a - 9:00a BODYPUMP	8:00a - 9:00a WARRIOR FLOW	8:00a - 9:00a BODYFLOW	8:00a - 9:00a CYCLE	8:15a - 9:15a WERQ	8:00a - 9:00a REDZONE	10:15a - 11:15a BODYPUMP
9:15a - 10:15a BARRE	8:00a - 9:00a CYCLE	8:00a - 9:00a KICKBOXING/SELF DEFENSE	8:15a - 9:15a WARRIOR FLOW	9:30a - 10:30a BODYPUMP	8:30a - 9:15a BARRE	
9:30a - 10:30a BODYSTEP	8:30a - 9:30a REDZONE	9:15a - 10:15a BARRE	8:30a - 9:30a REDZONE	10:45a - 11:45a DIESEL	9:15a - 10:15a REDZONE	
10:45a - 11:45a DIESEL	9:30a - 10:30a BODY COMBAT	9:30a - 10:30a BODYSTEP	9:30a - 10:30a BODYPUMP		9:30a - 10:15a DEEP STRETCH	
4:30p - 5:30p BODYPUMP	10:45a - 11:45a 3-2-1 FIT	10:45a - 11:45a DIESEL	10:45a - 11:45a 3-2-1 FIT		9:30a - 10:30a BODYSTEP	
5:15p - 6:15p REDZONE	4:30p - 5:15p CYCLE (45)	4:30p - 5:30p BARRE	4:30p - 5:15p CYCLE (45)		10:45a - 11:45a WERQ	
5:30p - 6:30p CYCLE		4:30p - 5:30p BODYPUMP	5:15p - 6:15p REDZONE		10:45a - 11:45a BODYPUMP	
6:00p - 6:45p TOTAL CONDITIONING		5:15p - 6:15p REDZONE	6:00p - 7:00p YIN/RESTORATIVE			
		5:30p - 6:30p CYCLE	6:30p - 7:30p REDZONE			
		6:00p - 7:00p BODYPUMP				