

March

# GREEN BAY

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:00 AM		BODYPUMP <i>Andy</i>		BODYPUMP <i>Andy</i>		7:30 AM	BODYPUMP <i>Laura</i>	
8:30 AM		*POUND <i>JulieJ</i>	ZUMBA <i>Angel</i>			8:30 AM		YOGA <i>Laura</i>
9:15 AM	BODYPUMP™ <i>Marissa</i>	BODYFLOW <i>JulieJ</i>		YOGA <i>Katie L</i>	*TBF <i>Meg</i>	8:45 AM	*PIYO <i>Laura</i>	
10:30 AM	SS CLASSIC <i>Traci</i>		SS MSROM <i>Katie L</i>	SS CARDIO <i>DonnaM</i>	SS CLASSIC <i>Meg</i>	10:00 AM	ZUMBA <i>Jenn</i>	
12:00 PM					BODYPUMP <i>Matthew</i>	YELLOW SIGNIFIES CHANGE		
5:15 PM	(5:00) ** INSANITY <i>Amie</i>	BODYCOMBAT <i>Brianna</i>	BODYPUMP <i>Laura</i>			*45 minute class		
5:30 PM				*TBF <i>Julie S</i>	BARRE <i>Trista</i>			
6:30 PM	(6:00) BODYPUMP <i>KatieS</i>	YOGA <i>Tyler</i>	*PIYO <i>Laura</i>	FUNK <i>Mel</i>				
7:15 PM	ZUMBA <i>Trista</i>							

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:00 AM	ROADRAGE <i>Andy</i>		ROADRAGE <i>Brian C</i>		ROADRAGE <i>Andy</i>	7:30 AM		RPM <i>Laura</i>
4:30 PM					ROADRAGE <i>Julie S</i>	8:00 AM	RPM <i>Julie S</i>	
5:30 PM	RPM <i>Julie S</i>		RPM <i>Julie S</i>					

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:00 AM	AQUA ZUMBA <i>Angel</i>				AQUA ZUMBA <i>Angel</i>			
5:15 PM	AQUA ZUMBA <i>Katrina</i>		AQUA FIT <i>Shari</i>	AQUA FIT <i>Shari</i>				