



ARENA DISTRICT
ATHLETIC CLUBSM

March 2015

Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) Hard Core <i>Ellen</i>					
	6:15am (45min) Vinyasa Yoga <i>Lara F</i>	6:30am (45min) Total Strength <i>Ellen</i>	6:15am (45min) Vinyasa Yoga <i>Lara F</i>	6:30am (45min) Total Strength <i>Ellen</i>	6:15am (75min) Turtle Flow Yoga <i>Maggie</i>	9:30am (90min) Boot Camp & Spin <i>Lara</i>
10:30am (45 min) Tabata & Tone <i>Amanda</i>	11:45am (40min) 007 Training <i>Liz</i>	11:45am (40min) Vinyasa Yoga <i>Lara F</i>	11:45am (40min) Cardio Camp <i>Sandra</i>	11:45pm (40min) PiYo <i>Kristen</i>		10:45am (45min) Piloxing Barre <i>Lana</i>
	12:30pm (40min) TRX Training <i>Charles</i>	12:30pm (40min) Boot Camp <i>Lara K</i>	12:30pm (30min) Amazing Abs <i>Sandra</i>	12:30pm (40min) Boot Camp <i>Lara K</i>	12:30pm (40min) Total Body Conditioning <i>Liz</i>	
	5:30pm (60min) BootyBarre <i>Lana</i>	5:30pm (60min) Ultimate Conditioning <i>Liz</i>	5:30pm (60min) BootyBarre <i>Lana</i>	5:45pm (45min) H.I.I.T. <i>Kristen</i>		
	6:40pm (45min) Toning <i>Melissa</i>	6:40pm (45min) PiYo <i>Theresa</i>	6:40pm (45min) Zumba <i>Lana</i>	6:40pm (60 min) Ashtanga Yoga <i>Danielle</i>		

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) <i>Ellen</i>	6:30am (45min) <i>Nicole B</i>	6:30am (45min) <i>Amanda</i>	6:30am (45min) <i>Nicole B</i>	6:30am (45min) <i>Amanda</i>	8:45am (50min) <i>Velma</i>
10:30am (60min) <i>Becca</i>		11:45am (40min) <i>Terry</i>		12:00pm (25min) Sprint Spin <i>Lara K</i>		9:30am (90min) Boot Camp & Spin <i>Lara K</i>
	5:45pm (45min) <i>Brad</i>	6:00pm (50min) <i>Becca</i>	5:45pm (60min) <i>Jessie</i>	6:00pm (60min) <i>Jessie</i>		