

# Adult Schedule

# March



# 2022

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday                  | Saturday   | Sunday |
|--|--|--|--|-------------------------|--|--------|
|  | 1<br>9:00 All Level Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp  | 2<br>9:00 Intermediate Clinic<br>11:00 Pilates<br>5:30 Strength  | 3<br>9:00 All level Drills<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>5:30 Bootcamp<br>6:00 Advanced Drills  | 4<br>9:00 Barre Fusion  | 5<br>10:30 Bootcamp<br><b>2-5pm<br/>Adult/Junior<br/>Round Robin</b> | 6      |
| 7<br>9:00 Beginner Clinic<br>9:30 Yoga<br>11:00 Sweat and Stretch  | 8<br>9:00 All Level Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp  | 9<br>9:00 Intermediate Clinic<br>11:00 Pilates<br>5:30 Strength  | 10<br>9:00 All level Drills<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>5:30 Bootcamp<br>6:00 Advanced Drills | 11<br>9:00 Barre Fusion | 12<br>10:30 Bootcamp   | 13     |
| 14<br>9:00 Beginner Clinic<br>9:30 Yoga<br>11:00 Sweat and Stretch | 15<br>9:00 All Level Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | 16<br>9:00 Intermediate Clinic<br>11:00 Pilates<br>5:30 Strength | 17<br>9:00 All level Drills<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>5:30 Bootcamp<br>6:00 Advanced Drills | 18<br>9:00 Barre Fusion | 19<br>10:30 Bootcamp<br><b>St. Patty's Day<br/>Round Robin</b>       | 20     |
| 21<br>9:00 Beginner Clinic<br>9:30 Yoga<br>11:00 Sweat and Stretch | 22<br>9:00 All Level Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | 23<br>9:00 Intermediate Clinic<br>11:00 Pilates<br>5:30 Strength | 24<br>9:00 All level Drills<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>5:30 Bootcamp<br>6:00 Advanced Drills | 25<br>9:00 Barre Fusion | 26<br>10:30 Bootcamp   | 27     |
| 28<br>9:00 Beginner Clinic<br>9:30 Yoga<br>11:00 Sweat and Stretch | 29<br>9:00 All Level Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | 30<br>9:00 Intermediate Clinic<br>11:00 Pilates<br>5:30 Strength | 31<br>9:00 All level Drills<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>5:30 Bootcamp<br>6:00 Advanced Drills |                         |  | 29     |

| Monday   | Tuesday  | Wednesday   | Thursday                                 | Friday | Saturday  | Sunday |
|--|--|---|--|--------|---|--------|
|  | 1<br>3:30 Preschool Gym<br>4:30 Big Hitters<br>4:30 Int. Gymnastics  | 2<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Smashers Beg/Int.<br>4:30 Smashers Adv.<br>5:30 Beg Gymnastics | 3<br>4:30 Big Hitters<br>4:30 Adv 1 Gym  | 4      | 5<br><b>10-1pm<br/>Gymnastics<br/>Camp</b><br><b>2-5pm<br/>Adult/Junior<br/>Round Robin</b> | 6      |
| 7<br>3:30 Adv. 2 Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv.  | 8<br>3:30 Preschool Gym<br>4:30 Big Hitters<br>4:30 Int. Gymnastics  | 9<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Smashers Beg/Int.<br>4:30 Smashers Adv.<br>5:30 Beg Gymnastics | 10<br>4:30 Big Hitters<br>4:30 Adv 1 Gym | 11     | 12  | 13     |
| 14<br>3:30 Adv. 2 Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv. | 15<br>3:30 Preschool Gym<br>4:30 Big Hitters<br>4:30 Int. Gymnastics | 16<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv.<br>5:30 Beg Gymnastics | 17<br>4:30 Big Hitters<br>4:30 Adv 1 Gym | 18     | 19  | 20     |
| 21<br>3:30 Adv. 2 Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv. | 22<br>3:30 Preschool Gym<br>4:30 Big Hitters<br>4:30 Int. Gymnastics | 23<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv.<br>5:30 Beg Gymnastics | 24<br>4:30 Big Hitters<br>4:30 Adv 1 Gym | 25     | 26  | 27     |
| 28<br>3:30 Adv. Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv.   | 29<br>3:30 Preschool Gym<br>4:30 Big Hitters<br>4:30 Int. Gymnastics | 30<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Smasher Beg/Int.<br>4:30 Smashers Adv.<br>5:30 Beg Gymnastics | 31<br>4:30 Big Hitters<br>4:30 Adv 1 Gym |        |   |        |

