

# MARCH 2020

# ENERGY GYM



| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                | Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Fitness Studio 1</b><br>6:15AM - 6:45AM <b>VIRTUAL BODYFLOW</b><br>7:00AM - 7:45AM <b>VIRTUAL BODYPUMP</b><br>8:00AM - 9:15AM <b>Yoga (75 min)</b><br>9:30AM - 10:30AM <b>Zumba</b><br>10:45AM - 11:30AM <b>KETTLEBELLS</b><br>4:00PM - 5:00PM <b>VIRTUAL BODYCOMBAT</b><br>5:30PM - 6:30PM <b>BODYPUMP™</b><br>6:30PM - 7:30PM <b>Fit + Flow Yoga</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>5:30AM - 6:30AM <b>RPM™</b><br>8:15AM - 9:15AM <b>RPM™</b><br>9:30AM - 10:20AM <b>VIRTUAL RPM</b><br>5:30PM - 6:20PM <b>VIRTUAL RPM</b> | <b>Fitness Studio 1</b><br>4:40AM - 5:40AM <b>VIRTUAL BODYPUMP</b><br>6:00AM - 7:00AM <b>VIRTUAL BODYCOMBAT</b><br>7:00AM - 7:45AM <b>Step</b><br>8:15AM - 9:15AM <b>BODYPUMP™</b><br>9:30AM - 10:30AM <b>Fit + Flow Yoga</b><br>10:40AM - 11:40AM <b>VIRTUAL BODYCOMBAT</b><br>12:00PM - 12:30PM <b>VIRTUAL BARRE</b><br>3:00PM - 3:30PM <b>VIRTUAL GRIT Athletic</b><br>4:00PM - 5:00PM <b>VIRTUAL BODYPUMP</b><br>6:20PM - 7:10PM <b>Pound®</b><br>7:15PM - 7:45PM <b>VIRTUAL BODYCOMBAT</b><br>8:00PM - 9:00PM <b>VIRTUAL BODYFLOW</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>8:30AM - 9:00AM <b>VIRTUAL SPRINT</b><br>5:30PM - 6:30PM <b>RPM™</b> | <b>Fitness Studio 1</b><br>6:00AM - 6:30AM <b>VIRTUAL GRIT Strength</b><br>6:45AM - 7:45AM <b>VIRTUAL BODYPUMP</b><br>8:00AM - 8:50AM <b>Yin / Gentle Yoga</b><br>9:05AM - 9:35AM <b>CXWORX™</b><br>9:45AM - 10:45AM <b>Zumba</b><br>11:00AM - 11:30AM <b>VIRTUAL GRIT Strength</b><br>4:30PM - 5:00PM <b>VIRTUAL GRIT Cardio</b><br>5:30PM - 6:15PM <b>BODYPUMP™</b><br>6:15PM - 6:45PM <b>CXWORX™</b><br>7:00PM - 7:45PM <b>VIRTUAL SH'BAM</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>5:30AM - 6:00AM <b>VIRTUAL SPRINT</b><br>8:15AM - 9:15AM <b>RPM™</b><br>9:50AM - 10:20AM <b>VIRTUAL SPRINT</b><br>5:30PM - 6:20PM <b>VIRTUAL RPM</b> | <b>Fitness Studio 1</b><br>4:40AM - 5:40AM <b>VIRTUAL BODYPUMP</b><br>6:00AM - 7:00AM <b>VIRTUAL BODYPUMP</b><br>8:15AM - 9:15AM <b>BODYPUMP™</b><br>9:30AM - 10:30AM <b>TABATA</b><br>10:30AM - 11:30AM <b>LaBlast</b><br>11:50AM - 12:35PM <b>VIRTUAL SH'BAM</b><br>4:30PM - 5:00PM <b>VIRTUAL GRIT Strength</b><br>5:00PM - 5:45PM <b>H.I.I.T.</b><br>6:30PM - 7:30PM <b>VIRTUAL BODYFLOW</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>5:30AM - 6:00AM <b>VIRTUAL SPRINT</b><br>8:30AM - 9:00AM <b>VIRTUAL SPRINT</b><br>9:30AM - 10:20AM <b>VIRTUAL RPM</b><br>5:30PM - 6:30PM <b>RPM™</b> | <b>Fitness Studio 1</b><br>5:30AM - 6:00AM <b>VIRTUAL GRIT Athletic</b><br>6:15AM - 6:45AM <b>VIRTUAL CXWORX</b><br>7:00AM - 7:45AM <b>VIRTUAL BODYPUMP</b><br>7:45AM - 8:40AM <b>Step</b><br>8:45AM - 9:30AM <b>Pilates N More</b><br>9:30AM - 10:30AM <b>Zumba</b><br>10:35AM - 11:20AM <b>Pound®</b><br>11:30AM - 12:00PM <b>VIRTUAL CXWORX</b><br>4:45PM - 5:15PM <b>VIRTUAL CXWORX</b><br>5:30PM - 6:30PM <b>VIRTUAL BODYFLOW</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>5:30AM - 6:20AM <b>VIRTUAL RPM</b><br>8:15AM - 9:15AM <b>RPM™</b><br>10:30AM - 11:00AM <b>VIRTUAL SPRINT</b> | <b>Fitness Studio 1</b><br>7:30AM - 8:15AM <b>VIRTUAL BODYPUMP</b><br>8:30AM - 9:00AM <b>VIRTUAL CXWORX</b><br>9:15AM - 10:15AM <b>BODYPUMP™</b><br>10:30AM - 11:30AM <b>Zumba Gold®</b><br>12:00PM - 1:00PM <b>VIRTUAL BODYCOMBAT</b><br>3:00PM - 3:45PM <b>VIRTUAL SH'BAM</b><br><b>Cycle Studio 1</b><br>4:45AM - 5:15AM <b>VIRTUAL SPRINT</b><br>8:15AM - 9:15AM <b>RPM™</b><br>9:30AM - 10:00AM <b>VIRTUAL RPM</b> | <b>Fitness Studio 1</b><br>7:35AM - 8:05AM <b>VIRTUAL CXWORX</b><br>8:15AM - 9:00AM <b>VIRTUAL BODYPUMP</b><br>9:15AM - 10:00AM <b>Pound®</b><br>10:10AM - 11:00AM <b>LaBlast</b><br>11:30AM - 12:30PM <b>VIRTUAL BODYCOMBAT</b><br>3:00PM - 4:00PM <b>VIRTUAL BODYFLOW</b><br>4:45PM - 5:15PM <b>VIRTUAL GRIT Cardio</b><br>5:30PM - 6:30PM <b>VIRTUAL BODYFLOW</b><br><b>Cycle Studio 1</b><br>4:40AM - 5:10AM <b>VIRTUAL SPRINT</b><br>8:15AM - 9:05AM <b>VIRTUAL RPM</b><br>9:15AM - 9:45AM <b>VIRTUAL SPRINT</b> |

**Les Mills New Releases**  
 Check the MindBody app  
 for dates and times