



**Bolded Classes indicate a new class, new class time or new instructor!!!**

Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	2 9:00 Lift 45-Janette 10:00 Cycle-Janette
4 10:15 Chip Fit-Chip  5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	5 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	6 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	7 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	8 8:30 Cycle Sculpt-Janette <b>9:15 BootyCamp-No Class</b> 10:15 Chip Fit-Chip	9 9:00 Lift 45-Janette 10:00 Cycle-Janette
11 10:15 Chip Fit-Chip  5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	12 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	13 <b>9:00 Yoga Sculpt-Chip</b> 10:15 Chip Fit-Chip	14 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	15 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	16 9:00 Lift 45-Janette 10:00 Cycle-Janette
18 10:15 Chip Fit-Chip  5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	19 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	20 <b>9:00 Yoga -Morgan</b> 10:15 Chip Fit-Chip	21 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	22 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	23 9:00 Lift 45-Janette 10:00 Cycle-Janette
25 10:15 Chip Fit-Chip  5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	26 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	27 <b>9:00 Yoga-Morgan</b> 10:15 Chip Fit-Chip	28 10:00 Mat Pilates-Jennifer <b>12:00 Water Aerobics-Tyler</b>	29 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	30 <b>9:00 Lift 45-No Class</b> <b>10:00 Cycle-No Class</b>
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



# March Aerobics 2024

LionsGate Athletic Club

**Bolded Classes indicate a new class, new class time or new instructor!!!**

Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 Bootcamp-Dori	2 8:30 Bootcamp-Dawn
4 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	5 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	6 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	7 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	8 5:15 Bootcamp-Dori	9 8:30 Bootcamp-Dawn
11 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	12 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	13 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	14 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	15 5:15 Bootcamp-Dori	16 8:30 Bootcamp-Dawn
18 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	19 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	20 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	21 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	22 5:15 Bootcamp-Dori	23 8:30 Bootcamp-Dawn
25 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	26 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	27 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	28 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	29 5:15 Bootcamp-Dori	30 8:30 Bootcamp-Dawn
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					