

Kingsmill Sports Club Group Fitness Schedule-March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
<p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Cancelled</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p>	<p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Shannon-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Kim</p> <p>8:30 am – 9:20 am HIIT Meghan</p> <p>8:30am-9:20am *Pilates Reformer Cou- Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio</p>	<p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Payal</p> <p>8:30 am – 9:20 am Water Aerobics</p> <p>8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30 am – 10:20am Core Meghan</p> <p>10:30 am – 11:20 am Gentle Stretch Betty</p>	<p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am Mat Pilates Martha</p> <p>8:30 am – 9:20 am *Pilates Reformer CANCELLED-Pilates Studio</p> <p>8:30 am – 9:20 am Balance Lana</p> <p>8:30 am – 9:20 am Aqua Zumba Heather</p> <p>8:30 am – 9:20 am Tabata Meghan</p> <p>9:30 am – 10:20 am Strength Lana</p> <p>9:30am-10:20am Water Aerobics- Tia</p> <p>10:30am-11:20am Zumba Theresia</p> <p>5:30 pm – 5:50 pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer Shannon-Pilates Studio</p>	<p>6:00am – 6:50am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Dawn</p> <p>8:30 am – 9:20 am Strength & Conditioning Meghan</p> <p>8:30 am – 9:20 am Water Aerobics Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt Heather</p> <p>10:30 am - 11:20 am Gentle Stretch Christine</p> <div style="text-align: center;">  <p>THE CLUB AT KINGSMILL</p> </div> <p>*Members only class</p> <p>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</p>	<p>8:30 am-9:20am Water Aerobics Heather</p> <p>8:30 am-9:20am Cycle Carlo</p> <p>9:30 am-10:20am Muscle Sculpt Heather</p>

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Kingsmill Sports Club Group Fitness Schedule-March

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