



FITNESS SCHEDULE for the WEEK OF MARCH 18 – 24, 2019

YMCA of
Brandon

MONDAY MARCH 18	TUESDAY MARCH 19	WEDNESDAY MARCH 20	THURSDAY MARCH 21	FRIDAY MARCH 22	SATURDAY MARCH 23	SUNDAY MARCH 24
	5:45 – 6:30 am Cardio/Strength	6:00 – 6:45 am Cyclefit	6:00 – 6:45 am Cardio/Strength	6:00 – 6:45 am Strength Training		
9:00 – 10:00 am Landfit *GYM*	9:00 – 10:00 am Landfit *GYM*	9:00 – 10:00 am Landfit *GYM*	9:00 – 10:00 am Landfit *GYM*	9:00 – 10:00 am Landfit *GYM*		
9:15 – 10:15 am Cardio/Strength	9:00 – 10:00 am Step Interval	9:15 – 10:15 am PiYO Live	9:00 – 10:00 am Bootcamp	9:15 – 10:15 am Strength Training	9:00 – 10:00 am Cyclefit	
10:20 – 11:20 am Cyclefit	10:15 – 11:15 am Yoga	10:30 – 11:30 am Yin Yoga	10:15 – 11:15 am Yoga		10:00 – 11:00 am Cardio/Strength	
12:05 – 12:50 pm PiYO Live	12:05 – 12:50 pm Treadmill Drills	12:05 – 1:00 pm TRX Suspension Training	12:05 – 12:50 pm Strength Training	12:05 – 12:50 pm Stretch & Release *STUDIO*		11:00 am – 12:00 pm Zumba
2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Gentlefit		
4:45 – 5:15 pm Cardio Express	4:40 – 5:20 pm HITT	4:30 – 5:20 pm Strength Training	4:30 – 5:20 Buns & Bellies			
5:30 – 6:30 pm Strength Training 5:30-6:30 pm Bootcamp *GYM*	5:30 – 6:30 pm Cardio/Strength	5:30 – 6:30 pm Zumba	5:30 – 6:30 pm Step Interval	5:30 – 6:30 pm Zumba		
5:45 – 6:45 pm Cyclefit	6:45 – 7:45 pm Strength Training	5:30 – 6:30 pm Synergy Blast	6:45 – 7:45 pm Yoga			
6:45 – 7:45 pm Zumba 8:00 – 8:45 pm Stretch & Release			8:00 – 9:00 pm Barbell Fit			