


MARCH 2021

STUDIO ONE

DOCK

STOREN

MONDAY

5:30AM
Fusion
Nicole
8:45AM
BODYSTEP
Courtney
9:45AM
PUMP&TONE
Lauren
Courtney 22nd
4:30PM
BODYPUMP
Nicole
Ryan 15th
5:30PM
XTREME HIP HOP
Chris
Heather 1st, 22nd
 **5:30 PM**
FUSION
Nicole
6:30PM
KICK & SCULPT
Jerry

TUESDAY

5:30AM
WTF
Nicole
8:00AM
LOWIMPACT
Marybeth
9:00AM
FUSION
2nd, 16th, 30th
TRX
9th, 23rd
4:30PM
BUNS & GUNS
Robby
5:30PM
BODYSTEP
Chris

WEDNESDAY

8:45AM
STRONG
Courtney
4:30PM
STRONG
Nicole
Courtney 24th
5:30PM
BODYPUMP
Nicole



THURSDAY

5:30AM
BODYPUMP
Robby 4th, 25th
Ryan 11th, 18th
8:00AM
CARDIO FIT
Marybeth
9:00AM
FUSION
Lauren
Courtney 25th
4:45PM
BODYSTEP
Courtney 4th
Tracy 18th
Heather 11th, 25th
5:45PM
MIXXED FIT
Heather
HIP HOP
Alli 4th

FRIDAY

5:30AM
SPIN/CORE
Nicole
8:45AM
BODYSTEP
Courtney
Tracy 12th
9:45AM
Pump & Tone
Marybeth
5:30pm
Friday Night Fix
BODYWORKS 5th
XTREME 12th
AROMA YOGA 19th
STRONG 26th

SATURDAY

7:30AM
STRONG 6th, 20th
FUSION 13th, 27th
Nicole
8:30AM
BODYSTEP
Heather 6th
Tracy 13th, 27th
Launch 20th
9:30AM
BodyPump
Robby 6th
Launch 20th
Ryan 13th, 27th

SUNDAY

8:30AM
HIIT/TONE
Jerry 7th
BODYPUMP
Ryan 14th
BODYSTEP
Tracy 21st
XTREME HIP HOP
Chris 28th

March Happenings

Wear your green on St. Patty's day!

LesMills Launch 19th, 20th & 21st

March Madness Bracket


No Barre- 2nd, 9th & 16th


5:30PM
Jerry


5:30AM
INDOOR
Nicole

5:30PM
Jerry


8:00AM
Jerry

8:00AM
GENTLE YOGA
Cinzia
10:30AM
BODYFLOW
Courtney
5:00PM
 BUTI YOGA
Courtney

9:00AM
Rock Your Flow
Courtney
5:30PM
BARRE
Lindsay 23 & 30
6:30PM
 BODYFLOW
Susan

 **10:30AM**
BODYFLOW
Betsy
4:30PM
VINYASA
Courtney
Cinzia 24th
5:30PM
CARDIO
STRETCH
Jerry



 **10:30AM**
BODYFLOW
Betsy

9:30AM
VINYASA
Courtney
Cinzia 13th

 **9:30AM**
BODYFLOW
Susan

SHORE STRONG STUDIOS

MONDAY

5:30am
Fusion
8:00am
Gentle Yoga
9:45am
Pump & Tone
5:00pm
BUTI YOGA
5:30pm
XTREME HIP HOP
6:30pm
Kick & Sculpt

TUESDAY

5:30am
WTF
8:00am
Low Impact
9:00am
RYF
4:30pm
Buns&Guns

WEDNESDAY

8:45am
Strong
4:30pm
Vinyasa
5:30pm
Cardio Stretch

THURSDAY

8am
CARDIO FIT
9am
Fusion
5:45pm
MIXXEDFIT

FRIDAY

Every Friday
5:30am Spin/Core
8:45am BodyStep



SATURDAY

Every Saturday
7:30am FUSION or STRONG
8:30am BodyStep
9:30am BodyPump

SUNDAY

8:30AM
HIIT/TONE-7th
BODYPUMP-14th
BODYSTEP- 21st
XTREME- 28th
Every Sunday
9:30am BodyFlow

Studio Key:



Class in cycling studio



New Class!



All classes are 45 minutes, unless you see a timer next to the class showing a different time.

Upcoming happenings:

NEW Friday Night Fix! We will be rotating all of your favorite formats for you to start your weekend off right!

Mask Policy:

You must wear a mask at all times, unless the physical activity that you are participating in poses you a bonafide health risk.