

HardCore Pilates & Fitness

MARCH 2010 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 – TurboKick 9:15 – All Levels Reformer 5:00 – Level 3 Reformer 6:15 – HardCoreBURN 7:30 – HardCoreSPIN (45)	2 9:15 – HardCoreLIFT 5:00 – Pilates Mat 5:00 – All Levels Reformer 6:15 – HardCoreCOMPLEX (45) 6:15 – Fusion 7:15 – Level 1 Reformer 7:15 – TurboKick	3 6:00 – HardCoreSPIN (45) 9:00 – HardCoreCOMPLEX (45) 5:00 – HardCoreSPIN (30) 5:30 – HardCoreASS&ABS (30) 6:15 – Zumba 6:15 – Reformer Jumpboard 7:30 – PiYo (45)	4 8:15 – HardCoreSPIN (45) 9:15 – PiYo (45) 5:00 – HardCoreBOSU (45) 5:00 – HardCoreSPIN (45) 6:00 – HardCoreLIFT 6:15 – Level 2 Reformer 7:15 – Fusion 7:15 – Pilates Mat	5 6:00 – HardCoreSPIN (45) 9:15 – HardCoreBURN 7:00pm – HardCoreSPIN (45)	6 8:00 – Pilates Mat 8:00 – Level 3 Reformer 9:15 – HardCoreLIFT 9:15 – Level 2 Reformer 10:30 – TurboKick 10:30 – Level 1 Reformer 11:30 – PiYo (45) 12:30 – StrongGirlsClub Workshop
8 8:00 – TurboKick 9:15 – All Levels Reformer 5:00 – Level 3 Reformer 6:15 – HardCoreBURN 7:30 – HardCoreSPIN (45)	9 9:15 – HardCoreLIFT 5:00 – Pilates Mat 5:00 – All Levels Reformer 6:15 – HardCoreCOMPLEX (45) 6:15 – Fusion 7:15 – Level 1 Reformer 7:15 – TurboKick	10 6:00 – HardCoreSPIN (45) 9:00 – HardCoreCOMPLEX (45) 5:00 – HardCoreSPIN (30) 5:30 – HardCoreASS&ABS (30) 6:15 – Zumba 6:15 – Reformer Jumpboard 7:30 – PiYo (45)	11 8:15 – HardCoreSPIN 9:15 – PiYo (45) 5:00 – HardCoreBOSU (45) 5:00 – HardCoreSPIN (45) 6:00 – HardCoreLIFT 6:15 – Level 2 Reformer 7:15 – Fusion 7:15 – Pilates Mat	12 6:00 – HardCoreSPIN (45) 9:15 – HardCoreBURN 7:00pm – HardCoreSPIN (45)	13 8:00 – Pilates Mat 8:00 – Level 3 Reformer 9:15 – HardCoreLIFT 9:15 – Level 2 Reformer 10:30 – TurboKick 10:30 – Level 1 Reformer 11:30 – PiYo (45)
15 8:00 – TurboKick 9:15 – All Levels Reformer 5:00 – Level 3 Reformer 6:15 – HardCoreBURN 7:30 – HardCoreSPIN (45)	16 9:15 – HardCoreLIFT 5:00 – Pilates Mat 5:00 – All Levels Reformer 6:15 – HardCoreCOMPLEX (45) 6:15 – Fusion 7:15 – Level 1 Reformer 7:15 – TurboKick	17 6:00 – HardCoreSPIN (45) 9:00 – HardCoreCOMPLEX (45) 5:00 – HardCoreSPIN (30) 5:30 – HardCoreASS&ABS (30) 6:15 – Zumba 6:15 – Reformer Jumpboard 7:30 – PiYo (45)	18 8:15 – HardCoreSPIN 9:15 – PiYo (45) 5:00 – HardCoreBOSU (45) 5:00 – HardCoreSPIN (45) 6:00 – HardCoreLIFT 6:15 – Level 2 Reformer 7:15 – Fusion 7:15 – Pilates Mat	19 6:00 – HardCoreSPIN (45) 9:15 – HardCoreBURN 7:00pm – HardCoreSPIN (45)	20 8:00 – Pilates Mat 8:00 – Level 3 Reformer 9:15 – HardCoreLIFT 9:15 – Level 2 Reformer 10:30 – TurboKick 10:30 – Level 1 Reformer 11:30 – PiYo (45)
22 8:00 – TurboKick 9:15 – All Levels Reformer 5:00 – Level 3 Reformer 6:15 – HardCoreBURN 7:30 – HardCoreSPIN (45)	23 9:15 – HardCoreLIFT 5:00 – Pilates Mat 5:00 – All Levels Reformer 6:15 – HardCoreCOMPLEX (45) 6:15 – Fusion 7:15 – Level 1 Reformer 7:15 – TurboKick	24 6:00 – HardCoreSPIN (45) 9:00 – HardCoreCOMPLEX (45) 5:00 – HardCoreSPIN (30) 5:30 – HardCoreASS&ABS (30) 6:15 – Zumba 6:15 – Reformer Jumpboard 7:30 – PiYo (45)	25 8:15 – HardCoreSPIN 9:15 – PiYo (45) 5:00 – HardCoreBOSU (45) 5:00 – HardCoreSPIN (45) 6:15 – HardCoreLIFT 6:15 – Level 2 Reformer 7:15 – Fusion 7:15 – Pilates Mat	26 6:00 – HardCoreSPIN (45) 9:15 – HardCoreBURN 7:00pm – TurboKick Party!	27 8:00 – Pilates Mat 8:00 – Level 3 Reformer 9:15 – HardCoreLIFT 9:15 – Level 2 Reformer 10:30 – TurboKick 10:30 – Level 11 Reformer 11:30 – PiYo (45)
29 8:00 – TurboKick 9:15 – All Levels Reformer 5:00 – Level 3 Reformer 6:15 – HardCoreBURN 7:30 – HardCoreSPIN (45)	30 9:15 – HardCoreLIFT 5:00 – Pilates Mat 5:00 – All Levels Reformer 6:15 – HardCoreCOMPLEX (45) 6:15 – Fusion 7:15 – Level 1 Reformer 7:15 – TurboKick	31 6:00 – HardCoreSPIN (45) 9:00 – HardCoreCOMPLEX (45) 5:00 – HardCoreSPIN (30) 5:30 – HardCoreASS&ABS (30) 6:15 – Zumba 6:15 – Reformer Jumpboard 7:30 – PiYo (45)			(30) indicates a 30-minute express class. Express classes have a \$7 drop in fee. (45) indicates a 45-minute class.

PLEASE NOTE: Schedule is subject to change. Please check the web scheduler for updates and/or cancellations.