


Workouts Unlimited

Group X Classes

March 2024

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					5:00am TRX Bethany 8:30am Sculpt- Allison 9:15am-Stretch-Allison 10:30 SS Combo-Amy	5:30am Spin-Kadi 8:30am Yoga-Lis
	4	5	6	7	8	9
Shoulders/Inner->	5:30am Pilates Jo 8:30am Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo Amy 4:00pm Sculpt-Kadi 5:30pm Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt -Amy 10:00am-Yoga-Kadi 5:30pm-Sculpt-Isaiah	5:30am Pilates Jo 8:30am TRX Kadi 9:30am Pilates Tricia 10:30am SS Combo Kadi 5:30pm Yoga Lis	5:00am-Sculpt-Kadi Quads/ Back 8:30am- Spin Fusion-Amy 10:00am Yoga Kadi 4:30pm Sculpt Isaiah 6:00pm HIGH Fitness Katie	5:00am TRX Kadi 8:30am-Sculpt- SUB 9:15am-Stretch- SUB 10:30am-SS Combo-Amy	5:30am Spin Kadi 8:30am Yoga-Lis
	11	12	13	14	15	16
Butts & Guts ->	5:30am Pilates Jo 8:30am Spin Amy 9:30am Pilates Tricia 10:30am SS Combo 4:00pm Sculpt-Kadi 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm Sculpt-Isaiah	5:30am Pilates Jo 8:30am TRX- Isaiah 9:30am Pilates-Tricia 10:30am SS Combo Kadi 4:15pm Spin Amy 5:30pm-Yoga-Lis	5:00am Sculpt Kadi Outer thighs/ chest 8:30am Spin Fusion Amy 10:00am Yoga Kadi 4:30pm Sculpt Isaiah 6:00pm HIGH Fitness Katie	5:00am TRX Kadi 8:30am Sculpt- Allison 9:15am Stretch-Allison 10:30am SS Combo-Amy	5:30am- Spin-Kadi 8:30am-Yoga-Lis
	18	19	20	21	22	23
Quads/ Back ->	5:30am Pilates Jo 8:30am- Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm Sculpt-Isaiah	5:30am Pilates Jo 8:30am TRX Kadi 9:30am Pilates Tricia 10:30am SS Combo- Isaiah 5:30pm-Yoga-Lis	5:00am Sculpt-Kadi Shoulders/ Inner 8:30am Spin Fusion-Amy 10:00am Yoga- Lis 4:30pm Sculpt-Isaiah 6:00pm-High Fitness-Katie	5:00am Sculpt Jo 8:30am Sculpt- Allison 9:15am Stretch-Allison 10:30am SS Combo-Amy	5:30am Spin Jenny 8:30am Yoga-Lis
	25	26	27	28	29	30
Chest & Hamstrings->	5:30am Pilates Jo 8:30am Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi 5:30pm Yoga-Lis	5:00am Spin-Kadi 8:30am Sculpt-Amy 10:00am Yoga-Kadi 5:30pm Sculpt-Isaiah	5:30am Pilates Jo 8:30am TRX-Kadi 9:30am Pilates-Tricia 10:30am SS Combo-Kadi 4:15pm Spin Amy 5:30pm Yoga-Lis	5:00am Sculpt Kadi Bi's & Tri's 8:30am Spin Fusion Amy 10:00am Yoga Kadi 4:30pm Sculpt-Isaiah 6:00pm High Fitness Katie	5:00am TRX Kadi 8:30am Sculpt Jo 9:15am Sculpt Jo 10:30am SS Combo-Amy SS EASTER PARTY!!	5:30am Spin Kadi 8:30am Yoga Lis

All classes, times and instructors are subject to change and/or cancellation.