



March Clovis Aerobic Schedules

Monday

Cycle
5:00-6:00am - Janae
Sculpt
6:15-7:00am - Jill
Beg. Pilates
7:00-8:00am - Patsy
Cycle
8:10-9:00am - Salma
Zumba
8:15-9:15am - Nayeri
High Fitness
9:15-10:15am - Jen
Jam Session
5:30-6:30pm - Ray
Cycle
5:30-6:30pm - Andy
Pilates
6:30-7:30pm - Ashley M.
Cycle
6:45-7:45pm - Monica
Zumba
7:30-8:30pm - Robin

Tuesday

Cycle
5:00-6:00am - Janae
H.I.I.T
5:00-6:00am - Mary
Sculpt
8:10-9:00am - Jen
Cycle
8:30-9:30am - Salma
Sculpt
9:00-10:00am - Jen
High Fitness
10:00-11:00am - Angie
Sculpt
4:30-5:30pm - Alicia
Zumba
5:30-6:30pm - April
Cycle
5:30-6:30pm - Monica
Step/Butts & Guts
6:30-7:30pm - Ray
Yoga
7:30-8:30pm - Sonny
Dance Fitness
8:30-9:30pm - Jared

Wednesday

Conditioning & Core
5:00-6:00am - Mary
Cycle
5:00-6:00am - Kris
Sculpt
6:15-7:00am - Jill
Beg. Pilates
7:00-8:00am - Patsy
Cycle
8:10-9:00am - Mindy
Sculpt
8:15-9:15am - Salma
High Fitness
9:15-10:15am - Jen
Cycle
5:30-6:30pm - Lisa
Pilates
6:30-7:30pm - Ashley M.
Zumba
7:30-8:30pm - Nayeri

Thursday

Cycle
5:00-6:00am - Janae
H.I.I.T
5:00-6:00am - Mary
Sculpt
8:10-9:00am - Jen
Cycle
8:30-9:30am - Salma
Sculpt
9:00-10:00am - Jen
High Fitness
10:00-11:00am - Angie
Sculpt
4:30-5:30pm - Alicia
Zumba
5:30-6:30pm - Robin
Cycle
5:30-6:30pm - Monica
Movin & Groovin
6:30-7:30pm - Ray
Yoga
7:30-8:30pm - Francis
Dance Fitness
8:30-9:30pm - Jared

Friday

Cycle
5:00-6:00am - Kris
Beg. Pilates
7:00-8:00am - Patsy
Zumba
8:00-9:00am - Jessica M.
Cycle
8:10-9:00am - Mindy
Kick Fit
9:00-10:00am - Susan
Sculpt
10:00-11:00am - Susan
Dance Fitness
6:00-7:00pm - Tiffany

Saturday

Cycle
7:15-8:15am - Diana
High Fitness
8:00-9:00am - Kim/Cara
Cycle
8:30-9:30am - Kris
Sculpt
9:15-10:15am - Favi
Yoga
10:30-11:30am - Francis/Vinny
Dance Fitness
11:30-12:30pm - Kiran

Sunday

Cycle
7:30-8:30am - Kris
High Fitness
8:00-9:00am - May
Zumba
9:00-10:00am - Jennifer L.

***Bring in a friend for a FREE WEEK PASS ***

1-pass per person, 1st visit only, must be 18 years or older, ID required.

Clovis, Fresno, Sanger, Fowler & Madera residents only.

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www.gb3clubs.com