



March Palm Aerobic Schedules

Monday

Cycle
5:00-6:00 AM - Jared
Cycle
8:00-9:00 AM - Kelly D.
Sculpt
8:15-9:00 AM - Cynde
Cycle
9:00-10:00 AM - Tarni
Kickbox Circuit
9:00-10:00 AM - Cynde
Sculpt
10:00-11:00 AM - Susan
High Fitness
4:30-5:20 PM - Jenna
Cycle
4:30-5:30 PM - Pam
Cycle
5:30- 6:30 PM - Lisa
HIIT Sculpt
5:30-6:30 PM - Peter
Dance Fitness
6:30-7:30 PM - Tiffany
Zumba
7:30-8:30 PM - Betty

Tuesday

Cycle
5:00-6:00 AM - Diana
Cycle
8:00-9:00 AM - Pam
Bootcamp
9:00-10:00 AM - Sarah
Pilates
10:00-11:00 AM - Ashley M.
Yoga
12:00-1:00 PM - Chris R.
Cycle
5:30-6:30 PM - Nancy
Step-Tacular
5:30-6:30 PM - Sandra
Cycle
6:30-7:30 PM - Andy
Yoga
7:30-8:30 PM - Francis

Wednesday

Cycle
5:30-6:30 AM - Shawnae
Cycle Circuit Condition
8:00-9:00 AM - Kelly D.
Yoga
9:00-10:00 AM - Jenna
Cycle
9:00-10:00 AM - Pam
Pilates
10:00-11:00 AM - Tricia
High Fitness
4:30-5:20 PM - Jenna
Cycle
4:30-5:30 PM - Lucas
Cycle
5:30-6:30 PM - Greg
HIIT Sculpt
5:30-6:30 PM - Peter
RIPPED
6:30-7:30 PM - Jennifer
Zumba
7:30-8:30 PM - Betty

Thursday

Cycle
5:00-6:00 AM - Diana
Cycle
9:00-10:00 AM - Greg
Bootcamp
9:00-10:00 AM - Katie
Pilates
10:00-11:00 AM - Ashley M.
Yoga
12:00-1:00 PM - Kathy
Bootcamp
5:30-6:30 PM - Alma
Cycle
6:00-7:00 PM - Nancy
HIIT Sculpt
6:30-7:30 PM - Jenna
Yoga
7:30-8:30 PM - Tania

Friday

Cycle
5:30-6:30 AM - Shawnae
Cycle
8:00-9:00 AM - Kelly D.
Zumba
9:00-10:00 AM - Vicki
Cycle
9:05-10:05 AM - Tamara
Sculpt
10:00-11:00 AM - Sarah
Cycle
5:30-6:30 PM - Van

Saturday

Cycle
7:30-8:30 AM - Kelly D.
Yoga
8:15-9:15 AM - Christine
Cycle
8:30-9:30 AM - Nancy
Cardio/Funk Strength
9:30-10:30 AM - Ray
Butts/Guts
10:30-11:00 AM - Ray
HIIT Bootcamp
11:00-12:00 PM - Alma

Sunday

Cycle
8:00-9:00 AM - Van
HIIT Sculpt
10:00-11:00 AM - Alma

***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.

7825 N. Palm Fresno, CA 93711 *438-3003

www.gb3clubs.com