



ESRA Riverdale Group X Schedule MAR 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM					1 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	4 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	5 Body Sculpt w/ Jhana Step w/ Ginger	6 Ropes w/ Abby Core w/ Abby HIIT w/ Abby	7 Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	8 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	11 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	12 Body Sculpt w/ Jhana Step w/ Ginger	13 Kettlebell w/ Abby Core w/ Abby HIIT w/ Abby	14 Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	15 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	18 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	19 Body Sculpt w/ Jhana Step w/ Ginger	20 Cardio Shred w/ Abby Core w/ Abby HIIT w/ Abby	21 Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	22 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	25 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	26 Body Sculpt w/ Jhana Step w/ Ginger	27 HIIT w/ Abby Core w/ Abby HIIT w/ Abby	28 Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	29 No class