



ESRA Riverdale Group X Schedule MARCH 2020

All classes subject to change via email.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM	2 Yoga w/ Gretchen	3 PIYO w/ Jhana	4 HIIT w/ Abby	5 Yoga w/ Gretchen	6 Bootcamp w/ Quentin
1:00-1:30PM	Lift & HIIT w/ Quentin	Bands w/ Abby	Core w/ Abby	Quick HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	9 Yoga w/ Gretchen	10 PIYO w/ Jhana	11 Kettlebells w/ Abby	12 Yoga w/ Gretchen	13 Bootcamp w/ Quentin
1:00-1:30PM	Lift & HIIT w/ Quentin	Bands w/ Abby	Core w/ Abby	Quick HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	NO CLASS	HIIT w/ Abby	NO CLASS	
12:15-1:00PM	16 Yoga w/ Gretchen	17 PIYO w/ Jhana	18 30/10 Train w/ Abby	19 Yoga w/ Gretchen	20 Bootcamp w/ Quentin
1:00-1:30PM	Lift & HIIT w/ Quentin	Bands w/ Abby	Core w/ Abby	Quick HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	23 Yoga w/ Gretchen	24 PIYO w/ Jhana	25 Ropes w/ Abby	26 Yoga w/ Gretchen	27 Bootcamp w/ Quentin
1:00-1:30PM	Lift & HIIT w/ Quentin	Bands w/ Abby	Core w/ Abby	Quick HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	30 Yoga w/ Gretchen	31 PIYO w/ Jhana			
1:00-1:30PM	Lift & HIIT w/ Quentin	Bands w/ Abby			
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger			