

# WESTIN® WORKOUT

## MARCH SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>CIRCUIT TRAINING</b> 4PM - 5PM Zandre 		<b>HEAVENLY STRETCH</b> 9AM - 10AM Zandre 	<b>LET'S RISE YOGA</b> 9AM - 10AM Maria
<b>HIIT</b> 5PM - 6PM Nesrine Ladies Only 	<b>MIXED HIIT</b> 5PM - 6PM Nesrine	<b>HIIT</b> 5PM - 6PM Liubov Ladies Only 	<b>HIIT</b> 5PM - 6PM Nesrine Mixed Class	<b>KICKBOXING HIIT</b> 5PM - 6PM Andrew	<b>AQUA HIIT</b> 12PM - 1PM Kareem	<b>HIIT</b> 10AM - 11AM Zandre Mixed Class 
<b>CIRCUIT TRAINING</b> 6PM - 7PM Zandre	<b>AQUA GYM</b> 6PM - 7PM Nancy 	<b>KICKBOXING HIIT</b> 6PM - 7PM Andrew	<b>BOXING</b> 6PM - 7PM Andrew	<b>HIIT</b> 6PM - 7PM Zandre Mixed Class 	<b>TABATHA</b> 5PM - 6PM Nesrine Mixed Class	<b>CIRCUIT TRAINING</b> 11AM - 12PM Liubov Ladies Only
<b>ROCKET YOGA</b> 7:00PM - 8:00PM Maria	<b>BOXING</b> 6PM - 7PM Andrew	<b>VINYASA YOGA</b> 7:30PM - 8:30PM Maria	<b>AQUA GYM</b> 6:45PM - 7:45PM Nancy 	<b>STRONG ZUMBA</b> 7PM - 8PM Nesrine Ladies Only		<b>KICKBOXING HIIT</b> 5PM - 6PM Andrew
<b>CANDLE LIGHT YOGA</b> 8:15PM - 9:15PM Maria			<b>CANDLE LIGHT YOGA</b> 7:00PM - 8:00PM Maria			<b>SLOW FLOW YOGA</b> 7PM - 8PM Maria