

# **Beginner Schedule**

## **March/April**

### **Monday**

**7:00pm Beginner Cycle**

### **Tuesday**

**8:00am XaBeat Lite**

**12:00pm Beginner BodyFlow**

### **Wednesday**

**5:30pm Intro Yoga**

**6:30pm Beginner BodyPump**

### **Thursday**

**8:00am XaBeat Lite**

For more information:

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