

Virtual Fitness Schedule

Sun Mar 3 – Sat Mar 9, 2019 (Central Time - Chicago)

	Sun 3/3	Mon 3/4	Tue 3/5	Wed 3/6	Thu 3/7	Fri 3/8	Sat 3/9
5am			Fast and Furious Cycling (VF) @ Prairie		Finish Strong Cycling (VF) @ Prairie View		
6am		Strength Training/Yoga (GX) @ Prairie View Community Center.	Body Weight Basic (VF) @ Prairie View	TRX (GX) @ Prairie View Community Center, 6834 Dempster Street.	Body Weight Basic (VF) @ Prairie View	Strength Training/Yoga (GX) @ Prairie View Community Center.	
7am		Cycling-Basic @ Prairie View	High Intensity Interval Training(GX) @ Prairie View	HIIT Precisions (VF) @ Prairie View	Beat Down Cardio (VF) @ Prairie View	High Intensity Interval Training(GX) @ Prairie View	
8am	Big Ring Power (VF) @ Prairie View				Mobility N Energy (VF) @ Prairie View		
	Resist and Release @ Prairie View	HIIT Cardio (VF) @ Prairie View	In Balance (VF) @ Prairie View	Yoga Stretch (VF) @ Prairie View	In Balance (VF) @ Prairie View	HIIT Cardio (VF) @ Prairie View	
	Core Play Yoga & Pilates (VF) @ Prairie						
9am							
	HIIT Me with It (VF) @ Prairie View			Exercise for Health (GX) @ Prairie View Community Center			
10am		Simply Strong (VF) @ Prairie View	Yoga Basic (VF) @ Prairie View	TKO Basic (VF) @ Prairie View	Yoga Basic (VF) @ Prairie View	Simply Strong (VF) @ Prairie View	Clean It Up (VF) @ Prairie View
							Big Ring Power (VF) @ Prairie View
11am		BYOB - Toning (VF) @ Prairie View		Hit It Strong (VF) @ Prairie View		The Body Factor (VF) @ Prairie View	Adrenalin (VF) @ Prairie View
		Barre - Basic (VF) @ Prairie View		Barre - Basic (VF) @ Prairie View	Pilates (VF) @ Prairie View Community	Barre - Basic (VF) @ Prairie View	
12pm		Get Toned Workout Plan (VF) @ Prairie	Get Toned Workout Plan (VF) @ Prairie	Get Toned Workout Plan (VF) @ Prairie	Get Toned Workout Plan (VF) @ Prairie	Get Toned Workout Plan (VF) @ Prairie	Lean, Legs and Core Class (VF) @ Prairie
		Get Fit 1 Workout Plan (VF) @ Prairie	Get Fit 1 Workout Plan (VF) @ Prairie	Get Fit 1 Workout Plan (VF) @ Prairie	Get Fit 1 Workout Plan (VF) @ Prairie	Get Fit 1 Workout Plan (VF) @ Prairie	
4pm		Cardio Rounds (VF) @ Prairie View	Core Challenge (VF) @ Prairie View	Fight Club (VF) @ Prairie View	Core Challenge (VF) @ Prairie View	Kapow (VF) @ Prairie View Community	
		Ascension (VF) @ Prairie View	4:30pm Going Gone Cycling (VF) @ Prairie	Absolutely Core @ Prairie View		From All Angles @ Prairie View	
5pm			5:15pm From All Angles (VF) @ Prairie	Clean and Strong (VF) @ Prairie View	Strength Training (GX) @ Prairie View Community Center.	Clean and Strong (VF) @ Prairie View	
6pm		TRX Class (GX) @ Prairie View Community Center, 6834 Dempster	Cycle Sport (GX) @ Prairie View Community Center, 6834 Dempster	Cycle (GX) @ Prairie View Community Center, 6834 Dempster Street.	TRX Class (GX) @ Prairie View Community Center, 6834 Dempster	Energy Reboot (VF) @ Prairie View	
7pm			7:15pm - 7:45pm Chisel Flow	7pm - 8pm Yoga (GX) @ Prairie View	7:15pm - 7:45pm Chisel Flow		