

March's Weekly Fitness Classes Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 pm	Fusion: Plank Games Lead by Wellbeats 20 Minutes	Fusion: Unlock Unblock Lead by Wellbeats 20 Minutes	Fusion: Rise and Shine Lead by Wellbeats 50 Minutes	Fusion: Dynamic Pilates Lead by Wellbeats 35 Minutes	Fusion: Pilates Plus Lead by Wellbeats 20 Minutes
5:15 pm	Kinetics: The Matrix Lead by Wellbeats 20 Minutes	Kinetics: Supercharged Lead by Wellbeats 50 Minutes	Kinetics: Body Fueled Lead by Wellbeats 20 Minutes	Kinetics: MCT3 Lead by Wellbeats 50 Minutes	Kinetics: Go 4 It Lead by Wellbeats 35 Minutes

If you would like to see a type of class added to the schedule please contact Alex Stader at alex.stader@hines.com or 303.292.1999
 Scheduled classes rotate on a monthly basis.