

Group Fitness Class Schedule

*This is a sample March schedule for group fitness classes at Robson Ranch Texas. Classes and schedule are subject to change without notification at any time.



	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		Total Body Strength		Total Body Strength		Total Body Strength
7:00 AM	Pilates					
8:00 AM		Pilates	Total Body Strength	Pilates	Yin Yoga	
9:00 AM	Yoga	Fit for Life	Yoga	Fit for Life	Total Body Strength	Yoga
10:00 AM	Boot Camp	Beginning Tai Chi	Boot Camp		Boot Camp	Fit for Life
11:00 AM	Tai Chi	Tai Chi	Yoga		Tai Chi	
12:00 PM		Table Tennis		Table Tennis		
3:00 PM		Faithfully Fit		Faithfully Fit		
4:00 PM	Yoga			Yoga		
6:00 PM				Tai Chi		
7:00 PM	Ballroom Dancing			Ballroom Dancing		