

# Group Fitness Class Schedule

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



**SaddleBrooke Ranch**  
A ROBSON RESORT COMMUNITY™

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 AM	Vinyasa Yoga				Gentle Flow Yoga		
8:00 AM	Aquatic Exercise Conditioning	Water Aerobics	Aquatic Exercise	Water Aerobics Conditioning	Aquatic Exercise Core & More	Water Aerobics	Table Tennis
9:00 AM	Aquatic Exercise	Zumba	Zumba Aquatic Exercise		Aquatic Exercise HIIT	Spin & Conditioning	
10:00 AM			Core & More	Zumba			
11:00 AM	Conditioning	HIIT	Conditioning	Full Body Stretch			
12:00 PM							Dance
1:00 PM	Spin & Conditioning	Table Tennis	Dance	Table Tennis	Table Tennis		
3:00 PM	Balance Training						
4:00 PM	Aqua Zumba		Aqua Zumba				
6:00 PM				Dance			