

# Mar 06 - Apr 05, 2019

City of Harwood Heights

<b>Wed Mar 06</b>	2:00 pm – 2:32 pm	Monica's Pilates 4	City of Harwood Heights
	4:00 pm – 4:57 pm	Piloxing Total Body & Mind Transformation	City of Harwood Heights
	6:00 pm – 6:26 pm	Ian's Lucious Jive, Cha, Quickstep and Waltz	City of Harwood Heights
<b>Fri Mar 08</b>	10:00 am – 10:46 am	YogaFit for Beginners	City of Harwood Heights
	12:00 pm – 12:54 pm	Piloxing Sculpt, Tone & Lean Out	City of Harwood Heights
	2:00 pm – 2:30 pm	Groove	City of Harwood Heights
	4:00 pm – 4:32 pm	Funkie Fusion 1	City of Harwood Heights
	6:00 pm – 6:21 pm	Hip Hop Fat Burn	City of Harwood Heights
<b>Sat Mar 09</b>	9:30 am – 9:59 am	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	10:30 am – 10:39 am	High Impact Express	City of Harwood Heights
	11:30 am – 12:00 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
	12:30 pm – 1:00 pm	Groove	City of Harwood Heights
<b>Mon Mar 11</b>	10:00 am – 10:22 am	Laura's Energizing & Relaxing Yoga for Everyone	City of Harwood Heights
	12:00 pm – 12:54 pm	TRANSFORM 1	City of Harwood Heights
	2:00 pm – 2:26 pm	Crystal's Latin & Ballroom Mix	City of Harwood Heights
	4:00 pm – 4:29 pm	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	6:00 pm – 6:20 pm	Dancer Refined Abs	City of Harwood Heights
<b>Tue Mar 12</b>	10:00 am – 10:24 am	Warming Up to Yoga	City of Harwood Heights
	12:00 pm – 12:32 pm	Funkie Fusion 1	City of Harwood Heights
	2:00 pm – 3:02 pm	Latinva Revolution	City of Harwood Heights
	4:00 pm – 4:32 pm	Time to Move	City of Harwood Heights
	6:00 pm – 6:30 pm	Zumba! Let it MOVE YOU! - Video 3	City of Harwood Heights
<b>Wed Mar 13</b>	10:00 am – 10:21 am	Everyday Yoga - Practice 1	City of Harwood Heights
	12:00 pm – 12:29 pm	PLYOGA Express 101: Get Started	City of Harwood Heights
	2:00 pm – 2:28 pm	High Impact Beginner	City of Harwood Heights

	6:00 pm – 7:02 pm	Latinva Revolution	City of Harwood Heights
<b>Thu Mar 14</b>	10:00 am – 10:17 am	Everyday Yoga - Practice 2	City of Harwood Heights
	12:00 pm – 12:29 pm	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	2:00 pm – 2:35 pm	Steady Flow	City of Harwood Heights
	4:00 pm – 4:30 pm	Groove	City of Harwood Heights
	6:00 pm – 6:26 pm	Beginner Shred - Workout 1	City of Harwood Heights
<b>Fri Mar 15</b>	10:00 am – 10:31 am	Beginner's Daily Practice	City of Harwood Heights
	12:00 pm – 12:45 pm	PLYOGA® Flow	City of Harwood Heights
	2:00 pm – 2:26 pm	Ian's Lucious Jive, Cha, Quickstep and Waltz	City of Harwood Heights
	4:00 pm – 4:20 pm	Dancer Refined Abs	City of Harwood Heights
	6:00 pm – 6:35 pm	Rhythm	City of Harwood Heights
<b>Sat Mar 16</b>	9:30 am – 10:00 am	Low Impact Beginner	City of Harwood Heights
	10:30 am – 10:55 am	Stretch & Strength Beginner	City of Harwood Heights
	11:30 am – 12:00 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
	12:30 pm – 12:55 pm	Tone + Shred Abs	City of Harwood Heights
<b>Mon Mar 18</b>	10:00 am – 10:46 am	YogaFit for Beginners	City of Harwood Heights
	12:00 pm – 1:27 pm	Chi Flow Vinyasa	City of Harwood Heights
	2:00 pm – 2:55 pm	Casting Spells With All That Jazz	City of Harwood Heights
	4:00 pm – 4:30 pm	Groove	City of Harwood Heights
	6:00 pm – 6:26 pm	Crystal's Latin & Ballroom Mix	City of Harwood Heights
<b>Tue Mar 19</b>	10:00 am – 10:51 am	Yoga Basics	City of Harwood Heights
	12:00 pm – 12:28 pm	High Impact Beginnner	City of Harwood Heights
	2:00 pm – 2:30 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
	4:00 pm – 4:30 pm	Mat Pilates	City of Harwood Heights
	6:00 pm – 6:26 pm	Ian's Lucious Jive, Cha, Quickstep and Waltz	City of Harwood Heights
<b>Wed Mar 20</b>	10:00 am – 10:50 am	YogaFit for Warriors	City of Harwood Heights
	12:00 pm – 12:30 pm	Mat Pilates	City of Harwood Heights
	2:00 pm – 3:14 pm	Eyes Closed Vinyasa	City of Harwood Heights
	4:00 pm – 4:32 pm	Monica's Pilates 4	City of Harwood Heights

<b>Thu Mar 21</b>	10:00 am – 11:27 am	Chi Flow Vinyasa	City of Harwood Heights
	12:00 pm – 12:30 pm	Low Impact Advanced	City of Harwood Heights
	2:00 pm – 3:02 pm	Latinva Revolution	City of Harwood Heights
	4:00 pm – 4:35 pm	Rhythm	City of Harwood Heights
	6:00 pm – 6:32 pm	Funkie Fusion 1	City of Harwood Heights
<b>Fri Mar 22</b>	10:00 am – 10:11 am	Yoga	City of Harwood Heights
	12:00 pm – 12:30 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
	2:00 pm – 2:30 pm	Groove	City of Harwood Heights
	4:00 pm – 4:51 pm	Yoga Basics	City of Harwood Heights
	6:00 pm – 6:25 pm	Stretch & Strength Beginner	City of Harwood Heights
<b>Sat Mar 23</b>	9:30 am – 9:54 am	Warming Up to Yoga	City of Harwood Heights
	10:30 am – 10:59 am	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	11:30 am – 12:44 pm	Eyes Closed Vinyasa	City of Harwood Heights
	12:30 pm – 1:32 pm	Latinva Revolution	City of Harwood Heights
	12:30 pm – 1:32 pm	Latinva Revolution	City of Harwood Heights
	12:30 pm – 1:32 pm	Latinva Revolution	City of Harwood Heights
	1:00 pm – 1:30 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
<b>Mon Mar 25</b>	10:00 am – 10:22 am	Laura's Morning Yoga Session	City of Harwood Heights
	12:00 pm – 12:30 pm	Mat Pilates	City of Harwood Heights
	2:00 pm – 2:29 pm	PLYOGA Express 101: Get Started	City of Harwood Heights
	4:00 pm – 5:27 pm	Chi Flow Vinyasa	City of Harwood Heights
	6:00 pm – 6:30 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights
<b>Tue Mar 26</b>	10:00 am – 10:51 am	Yoga Basics	City of Harwood Heights
	12:00 pm – 12:30 pm	Low Impact Beginner	City of Harwood Heights
	2:00 pm – 2:20 pm	Dancer Refined Abs	City of Harwood Heights
	4:00 pm – 4:29 pm	PLYOGA Express 101: Get Started	City of Harwood Heights
	6:00 pm – 6:26 pm	Ian's Lucious Jive, Cha, Quickstep and Waltz	City of Harwood Heights
<b>Wed Mar 27</b>	10:00 am – 10:46 am	YogaFit for Beginners	City of Harwood Heights
	12:00 pm – 12:30 pm	Low Impact Advanced	City of Harwood Heights

	4:00 pm – 4:31 pm	Zumba! Let it MOVE YOU! - Video 2	City of Harwood Heights
	6:00 pm – 6:30 pm	Mat Pilates	City of Harwood Heights
<b>Thu Mar 28</b>	10:00 am – 11:27 am	Chi Flow Vinyasa	City of Harwood Heights
	12:00 pm – 12:21 pm	Everyday Yoga - Practice 1	City of Harwood Heights
	2:00 pm – 2:30 pm	Groove	City of Harwood Heights
	4:00 pm – 4:35 pm	Rhythm	City of Harwood Heights
	6:00 pm – 6:26 pm	Crystal's Latin & Ballroom Mix	City of Harwood Heights
<b>Fri Mar 29</b>	10:00 am – 10:29 am	PLYOGA Express 101: Get Started	City of Harwood Heights
	12:00 pm – 12:35 pm	Rhythm	City of Harwood Heights
	2:00 pm – 3:27 pm	Chi Flow Vinyasa	City of Harwood Heights
	4:00 pm – 4:30 pm	Low Impact Advanced	City of Harwood Heights
	6:00 pm – 6:31 pm	Zumba! Let it MOVE YOU! - Video 2	City of Harwood Heights
<b>Sat Mar 30</b>	9:30 am – 9:51 am	Everyday Yoga - Practice 1	City of Harwood Heights
	10:30 am – 11:57 am	Chi Flow Vinyasa	City of Harwood Heights
	12:00 pm – 12:30 pm	Zumba! Let it MOVE YOU! - Video 1	City of Harwood Heights