

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30-11:30am Yoga 1:30 – 2:30am HIIT	2 12 - 12:45pm Butts & Guts 1 – 7:30pm booked	3 8-9am Spin class 12:30 – 1:30pm Core Essentials 3:15 – 3:45pm booked	4 6:30-7:30am Rise and Shine Vinyasa 9 - 9:50am- Zumba 10-10:55am – Full Body Toning 1 – 7:30pm booked	5 8-9am Spin 3:30 - 5pm booked 6:30 - 7:30pm Recharge	6 6:15-7:15am HIIT 1 – 7:30pm booked	7 9 - 9:50am- Zumba 10-10:55am – Full Body Toning
8 10:30-11:30am Yoga 1:30 – 2:30am HIIT	9 12 - 12:45pm Butts & Guts 1 – 7:30pm booked	10 8-9am Spin class 12:30 – 1:30pm Core Essentials 3:15 – 3:45pm booked	11 6:30-7:30am Rise and Shine Vinyasa 9 - 9:50am- Zumba 10-10:55am – Full Body Toning 1 – 7:30pm booked	12 8-9am Spin 3:30 - 5pm booked 6:30 - 7:30pm Recharge	13 6:15-7:15am HIIT 1 – 7:30pm booked	14 9 - 9:50am- Zumba 10-10:55am – Full Body Toning
15 10:30-11:30am Yoga 1:30 – 2:30am HIIT	16 12 - 12:45pm Butts & Guts 1-2pm/6:30 – 7:30pm booked	17 8-9am Spin class 12:30 – 1:30pm Core Essentials	18 6:30-7:30am Rise and Shine Vinyasa 9 - 9:50am- Zumba 10-10:55am – Full Body Toning 3 – 6:30pm booked	19 8-9am Spin 12:30 – 1:30pm Core Essentials 3:30 - 5pm booked 6:30 - 7:30pm Recharge	20 6:15-7:15am HIIT 10:45-11:45am Hip Health - Target Training 1-2pm/6:30–7:30pm booked	21 9 - 9:50am- Zumba 10-10:55am – Full Body Toning
22 1:30 – 2:30am HIIT Sale begins ☺	23 12 - 12:45pm Butts & Guts 1-2pm/6:30–7:30pm booked	24 8-9am Spin class 12:30 – 1:30pm Core Essentials	25 6:30-7:30am Rise and Shine Vinyasa 9 - 9:50am- Zumba 10-10:55am – Full Body Toning 3 – 6:30pm booked	26 8-9am Spin 12:30 – 1:30pm Core Essentials 3:30 - 5pm booked 6:30 - 7:30pm Recharge	27 6:15-7:15am HIIT 1-2pm/6:30–7:30pm booked	28 9 - 9:50am- Zumba 10-10:55am – Full Body Toning Saturday Samplers Sale ends ☺
29 1:30 – 2:30am HIIT	30 12 - 12:45pm Butts & Guts 1 – 7:30pm booked	31 8-9am Spin class 12:30 – 1:30pm Core Essentials 3:15 – 3:45pm booked	1	2	3	4