

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>New time: Check out our new 6:20pm time frame for Tue. & Thurs. night classes.</p>				<p>1 5:45am TRX Circuit 45 Shelley 5pm Yoga 60 Dina 5:30pm Circuit 45 Tasha 6:20pm STEP 45 Rotha</p>	<p>2 5:45am TABATA BOOTCAMP 45 Rotha 5:45am Yoga Laura 6pm Cardio Madness 30 Thomas</p>	<p>3 8am Xtreme Fitness 45 Tasha 9am Yoga Dina 60 9:30am 10K Training</p>
<p>4</p>	<p>5 5:45am Circuit 45 Thomas 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Circuit 45 Ashley</p>	<p>6 5:45am TABATA 45 Rotha 5pm Yoga 55 Laura 5:30pm TABATA 45 Shelley 6pm Barre Fusion 60 Annie 6:20 TABATA 45 Tasha</p>	<p>7 5:45am Yoga 45 Dina 4pm Yoga 60 Jessica 6pm PiYo 45 Shelley</p>	<p>8 5:45am 3-2-1 45 Rotha 5pm Yoga 60 Laura 5:30pm 3-2-1 45 Rotha 6:20pm 3-2-1 45 Tasha</p>	<p>9 5:45am Xtreme Fitness 45 Shelley 5:45am Yoga 45 Dina 6pm Tasha Madness 30</p>	<p>10 8am Xtreme Fitness 45 Lindsey 9am Yoga Jessica 60 9:30am 10K Training</p>
<p>11</p>	<p>12 5:45am Strong & Tone 45 Rotha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha</p>	<p>13 5:45am PiYo 45 Shelley 5pm Yoga 60 Laura 5:30pm TRX Circuit 45 Rotha 6:20pm Kickboxing 45 Tasha</p>	<p>14 5:45am ASSult 45 Thomas (YOGA STUDIO) 4pm Yoga 60 Jessica 6pm Pilates 45 Ashley</p>	<p>15 5:45am STEP 45 Rotha 5pm Yoga 60 Dina 5:30pm Circuit 45 Brett 6:20pm TRX Circuit 45 Tasha</p>	<p>16 5:45am Xtreme Fitness 45 Tasha 5:45am Yoga 45 Laura 6pm ASSult 30 Thomas</p>	<p>17 8am Xtreme Fitness 45 Rotha 9am Yoga Jessica 60 MAIN STUDIO Brian Messages 9-6 9:30am 10K Training</p>
<p>18 Brian Messages 9-2</p>	<p>19 5:45am Circuit 45 Tasha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Circuit 45 Rotha</p>	<p>20 5:45am TABATA 45 Rotha 5pm Yoga 55 Laura 5:30pm TABATA 45 Rotha 6pm Barre Fusion 60 Annie 6:20 TABATA 45 Tasha</p>	<p>21 5:45am Yoga 45 Laura 4pm Yoga 60 Jessica 6pm PiYo 45 Shelley</p>	<p>22 5:45am Rope Circuit 45 Shelley 5pm Yoga 60 Jessica 5:30pm Circuit 45 Brett 6:20pm Rope Circuit 45 Rotha</p>	<p>23 5:45am Xtreme Fitness 45 Rotha 5:45am Yoga 45 Laura 6pm Xtreme Fitness 30 Tasha</p>	<p>24 8am Xtreme Fitness 45 Lindsey 9am Yoga Jessica 60 9:30am 10K Training</p>
<p>25</p>	<p>26 5:45am Strong & Tone 45 Tasha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Rotha</p>	<p>27 5:45am 3-2-1 45 Rotha 5pm Yoga 60 Laura 5:30pm 3-2-1 45 Shelley 6:20pm 3-2-1 45 Tasha</p>	<p>28 5:45am ASSult 45 Thomas (YOGA STUDIO) 4pm Yoga 60 Jessica 6pm Pilates 45 Ashley</p>	<p>29 5:45am Cycle Fusion 45 Rotha 5pm Yoga 60 Laura 5:30pm Circuit 45 Tasha 6:20pm Cycle Fusion 45 Rotha</p>	<p>30 5:45am TABATA BOOTCAMP 45 Shelley 5:45am Yoga 45 Dina 6pm ABSolutely 30 Thomas</p>	<p>31 8am Xtreme Fitness 45 Lindsey 9am Yoga Dina 60 9:30am 10K Training</p>