

Fitness Class Schedule - March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:00p: Core & Stretching (CT) 5:00p: Strength Training (KK)	2	3 1:00p: Barre (CT)	4 6:30a: Boot Camp (KK)	5 12:00p: Yoga (CT)	6
7	8 1:00p: Spin Strength Circuit (CT) 5:00p: Strength Training (KK)	9	10 1:00p: Barre (CT)	11 6:30a: Boot Camp (KK)	12 12:00p: Yoga (CT)	13
14	15 1:00p: Belly, Butt, & Thighs (CT) 5:00p: Strength Training (KK)	16	17 1:00p: Barre (CT)	18 6:30a: Boot Camp (KK)	19 12:00p: Yoga (CT)	20
21	22 1:00p: Upper Body Toning (CT) 5:00p: Strength Training (KK)	23	24 1:00p: Barre (CT)	25 6:30a: Boot Camp (KK)	26 12:00p: Yoga (CT)	27
28	29 1:00p: Core & Stretching (CT) 5:00p: Strength Training (KK)	30	31 1:00p: Barre (CT)			