

# Fitness Class Schedule - March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	3 1:00p: Pilates/Abs (SM) 4:45p: Zumba (BF)	4 1:00p: Yoga (BF) 4:45p: HIIT (KB)	5 6:30a: Boot Camp (KK) 12:00p: Kickboxing (DG)	6 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	7
8	9 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	10 1:00p: Cardio Sculpt (SM) 4:45p: Zumba (BF)	11 1:00p: Yoga (BF) 4:45p: HIIT (KB)	12 6:30a: Boot Camp (KK) 12:00p: HIIT (DG)	13 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	14
15	16 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	17 1:00p: Pilates/Abs (SM) 4:45p: Zumba (BF)	18 1:00p: Yoga (BF) 4:45p: HIIT (KB)	19 6:30a: Boot Camp (KK) 12:00p: Kickboxing (DG)	20 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	21
22	23 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	24 1:00p: Cardio Sculpt (SM) 4:45p: Zumba (BF)	25 1:00p: Yoga (BF) 4:45p: HIIT (KB)	26 6:30a: Boot Camp (KK) 12:00p: HIIT (DG)	27 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	28
29	30 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	31 1:00p: Pilates/Abs (SM) 4:45p: Zumba (BF)				