

Fitness Class Schedule – March 2022

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