



# QC ALL FIT MARCH 2018 SCHEDULE

## MARCH Classes: YOU MATTER







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
5:45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
6:30 AM		KICKBOXING		KICKBOXING			
8:00 AM	ZUMBA		TRX		ZUMBA/POUND	CROSS TRAINING	
8:45 AM						SAT MAR 3	ZUMBA
5:00 PM	ZUMBA	HIIT	HIIT	KICKBOXING		SAT MAR 10	KICKBOXING
5:30 PM	POUND FIT	KICKBOXING	ZUMBA			SAT MAR 17	BUTI YOGA
5:45 PM				BUTI YOGA		SAT MAR 24	TRX
6:15 PM	TRX		TRX			SAT MAR 31	POUND FIT