



*New Class *Substitute Class

*Canceled Class *Paid Class

Group Fitness Classes - March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
2 <i>No Classes</i>	3 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Stretch&Mobility - Bobby	4 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility - Bobby	5 8:30a-9:30 Zumba - Bobby	6 8:15a-9:15 Step Interval - Elbert	7 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	8 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Lisa 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
9 <i>No Classes</i>	10 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Stretch&Mobility - Bobby	11 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility - Bobby	12 8:30a-9:30 Zumba - Bobby	13 8:15a-9:15 Step Interval - Bobby	14 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	15 8:30a-9:30 BodyPump - Lisa 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Bobby 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	



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	5:30p-6:30 BodyPump - Bobby 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
23 <i>No Classes</i>	24 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Stretch&Mobility - Bobby	25 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility - Bobby	26 8:30a-9:30 Zumba - Bobby	27 8:15a-9:15 Step Interval - Bobby	28 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	29 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
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30 <i>No Classes</i>	31 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Stretch&Mobility - Bobby					
	5:30p-6:30 Yoga - Katelin 6:30p-7:30 Zumba - Chanel					