

# March 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1 5:15 AM Strength	2 7:30 AM-9:30 AM Open Circuit
3	4 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	5 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	6 5:15 AM Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	7 6:00 PM Total Body Conditioning 6:30 PM Stretch	8 5:15 AM Strength 6:00-7:00 PM Open Gym	9 7:30 AM-9:30 AM Open Circuit
10	11 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	12 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	13 5:15 AM Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	14 6:00 PM Total Body Conditioning 6:30 PM Stretch	15 5:15 AM Strength	16 7:30 AM-8:30 AM Open Circuit
17	18 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	19 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	20 5:15 AM Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	21 6:00 PM Total Body Conditioning 6:30 PM Stretch	22 5:15 AM Strength 6:00-7:00 PM Open Gym	23 7:30 AM-9:30 AM Open Circuit
24	25 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	26 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	27 5:15 AM Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	28 6:00 PM Total Body Conditioning 6:30 PM Stretch	29 5:15 AM Strength 6:00-8:00 Women's Group	30 7:30 AM-9:30 AM Open Circuit