

March



2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5:15 am <i>Strength</i> 5:00 pm – 7:00 pm <i>Open Circuit</i>	*Closed *	5:15 am <i>Strength</i> 5:30 pm – 6:30 pm <i>Stability Ball/Core</i>	6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i>	7:30 am – 9:00 am <i>Open Circuit</i>
8	5:15 am <i>Strength</i> 5:00 pm – 7:00 pm <i>Open Circuit</i>	5:15 pm <i>Stretch Balance & Flow</i> 6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i> 5:30 pm – 6:30 pm <i>Stability Ball/Core</i>	6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i>	7:30 am – 9:00 am <i>Open Circuit</i> 1:30 pm – 3:00 pm <i>Cardio Hooping</i>
15	5:15 am <i>Strength</i> 5:00 pm – 7:00 pm <i>Open Circuit</i>	5:15 pm <i>Stretch Balance & Flow</i> 6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i> 5:30 pm – 6:30 pm <i>Stability Ball/Core</i>	6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i>	7:30 am – 9:00 am <i>Open Circuit</i>
22	5:15 am <i>Strength</i> 5:00 pm – 7:00 pm <i>Open Circuit</i>	5:15 pm <i>Stretch Balance & Flow</i> 6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i> 5:30 pm – 6:30 pm <i>Stability Ball/Core</i>	6:00 pm <i>Total Body Conditioning</i>	5:15 am <i>Strength</i>	7:30 am – 9:00 am <i>Open Circuit</i>
29	5:15 am <i>Strength</i> 5:00 pm – 7:00 pm <i>Open Circuit</i>	5:15 pm <i>Stretch Balance & Flow</i> 6:00 pm <i>Total Body Conditioning</i>				