

Class Schedule March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Just Balls – 12:15 Pilates – 5pm Zumba – 6:15pm	2 HIIT – 6am Tabata – 10:15am	3 TWOFER Bootcamp – 8am	4 Barre – 4pm
5 TRX – 6am Tabata – 12:15 Yogatone – 5:30pm	6 Muscle Pump – 8:30am HIIT – 12:15 Tabata – 5:30pm	7 Bootcamp – 6am Bootcamp – 12:15 Step Challenge – 5:30	8 Just Balls – 12:15 Pilates – 5:00pm	9 HIIT – 6am Tabata – 10:15am	10 TWOFER Bootcamp – 8am	11 Barre – 4pm
12 TRX – 6am Tabata – 12:15 Yogatone – 5:30pm	13 Muscle Pump – 8:30am HIIT – 12:15 Tabata – 5:30pm	14 Bootcamp – 6am Bootcamp – 12:15 Core de Force – 5:30	15 Just Balls – 12:15 Pilates – 5pm Zumba – 6:15pm	16 HIIT – 6am Tabata – 10:15am	17 TWOFER Bootcamp – 8am	18 Barre – 4pm
19 TRX – 6am Tabata – 12:15 Yogatone – 5:30pm	20 Muscle Pump – 8:30am HIIT – 12:15 Tabata – 5:30pm	21 Bootcamp – 6am Bootcamp – 12:15 Core de Force – 5:30	22 Just Balls – 12:15 Pilates – 5pm Zumba – 6:15pm	23 HIIT – 6am Tabata – 10:15am	24 TWOFER Bootcamp – 8am	25 Barre – 4pm
26 TRX – 6am Tabata – 12:15 Yogatone – 5:30pm	27 Muscle Pump – 8:30am HIIT – 12:15 Tabata – 5:30pm	28 Bootcamp – 6am Bootcamp – 12:15 Core de Force – 5:30	29 Just Balls – 12:15 Pilates – 5pm Zumba – 6:15pm	30 HIIT – 6am Tabata – 10:15am	31 TWOFER Bootcamp – 8am	

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