

SUN

MON

TUES

WED

THURS

FRI

SAT



MARCH

31	<p>1</p> <p>12PM STORM 5PM GROUP POWER 5:45PM STORM</p> <p>6:30PM GROUP POWER</p> <p>7:30PM YOGA-PILATES</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>2</p> <p>5PM CIRCUIT TRAINING ****NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N CORE</p>	<p>3</p> <p>12PM CARDIO KICKBOXING</p> <p>5PM GROUP POWER 5:45PM STORM 6:30PM GROUP POWER</p> <p>7PM YOGA FLOW</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>4</p> <p>5PM VARIETY BLITZ ***NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N CORE</p>	<p>5</p> <p>5:45PM STORM</p>	<p>6</p> <p>10:30AM ABS, BUTT, THIGH</p> <p>12PM GROUP POWER</p>
7	<p>8</p> <p>12PM STORM 5PM GROUP POWER 5:45PM STORM</p> <p>6:30PM GROUP POWER</p> <p>7:30PM YOGA-PILATES</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>9</p> <p>5PM CIRCUIT TRAINING ****NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N</p>	<p>10</p> <p>12PM CARDIO KICKBOXING</p> <p>5PM GROUP POWER 5:45PM STORM 6:30PM GROUP POWER</p> <p>7PM YOGA FLOW</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>11</p> <p>5PM VARIETY BLITZ ***NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N CORE</p>	<p>12</p> <p>5:45PM STORM</p>	<p>13</p> <p>10:30AM ABS, BUTT, THIGH</p> <p>12PM GROUP POWER</p>
14	<p>15</p> <p>12PM STORM 5PM GROUP POWER 5:45PM STORM</p> <p>6:30PM GROUP POWER</p> <p>7:30PM YOGA-PILATES</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>16</p> <p>5PM CIRCUIT TRAINING ****NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N</p>	<p>17 SAINT PATRICK'S DAY</p> <p>12PM CARDIO KICKBOXING</p> <p>5PM GROUP POWER 5:45PM STORM 6:30PM GROUP POWER</p> <p>7PM YOGA FLOW</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>18</p> <p>5PM VARIETY BLITZ ***NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N CORE</p>	<p>19</p> <p>5:45PM STORM</p>	<p>20</p> <p>FIRST DAY OF SPRING</p> <p>10:30AM ABS, BUTT, THIGH</p> <p>12PM GROUP POWER</p>
21/28	<p>22/29</p> <p>12PM STORM 5PM GROUP POWER 5:45PM STORM</p> <p>6:30PM GROUP POWER</p> <p>7:30PM YOGA-PILATES</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>23/30</p> <p>5PM CIRCUIT TRAINING ****NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N</p>	<p>24/31</p> <p>12PM CARDIO KICKBOXING</p> <p>5PM GROUP POWER 5:45PM STORM 6:30PM GROUP POWER</p> <p>7PM YOGA FLOW</p> <p>7:00PM CARDIOKICKBOXING</p>	<p>25</p> <p>5PM VARIETY BLITZ ***NEW CLASS</p> <p>6PM TOTAL BODY BURN</p> <p>7:15PM ABS N CORE</p>	<p>26</p> <p>5:45PM STORM</p>	<p>27</p> <p>10:30AM ABS, BUTT, THIGH</p> <p>12PM GROUP POWER</p>

