

Find Your Fire Fitness March Schedule 2019

Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> Classes in BLUE are NEW!! Special Events/Community Events are RED! SPECIAL CLASS – Challenge Accepted (Armstrong Cable) will be taping BDBF! **Zumba Gold - Classes are held at the Mt. Pleasant Center for Active Adults on Tuesdays & Thursday at 9:00am. 				1 6:30pm – Zumba	2 8:00am- R.I.P.P.E.D 9:15am- Group Run/Walk
4 6:00am – Group Run/Walk 6:00pm – Zumba Toning 7:00pm – BDBFBC 7:15pm – Yoga Foundations	5 5:30am – R.I.P.P.E.D 9:00am – Zumba Gold** 4:30pm- FIRE UP BC 5:30pm – Core & More 6:00pm -BARRE FuZion 7:00pm- Zumba	6 6:00am – Group Run/Walk 4:30pm – FIRE UP BC 6:00pm- Zumba Toning 7:00pm- BDBF 7:15pm- Yoga (All Levels)	7 5:30am –R.I.P .P .E.D 9:00am – Zumba Gold** 4:30pm - FIRE UP BC 5:30pm – RIPPED 7:15pm – Power Vinyasa	8 6:30pm – Zumba	9 8:00am- R.I.P.P.E.D 9:15am- Group Run/Walk
11 6:00am – Group Run/Walk 6:00pm – Zumba Toning 7:00pm – BDBFBC 7:15pm – Yoga Foundations	12 5:30am – R.I.P.P.E.D 9:00am – Zumba Gold** 4:30pm- FIRE UP BC 5:30pm – Core & More 6:00pm -BARRE FuZion 7:00pm- Zumba	13 6:00am – Group Run/Walk 4:30pm – FIRE UP BC 6:00pm- Zumba Toning 7:00pm- BDBF 7:15pm- Yoga (All Levels)	14 5:30am –R.I.P .P .E.D 9:00am – Zumba Gold** 4:30pm - FIRE UP BC 5:30pm – RIPPED 7:15pm – Power Vinyasa	15 6:30pm – Zumba	16 8:00am- FIRE UP BC 9:15am- Group Run/Walk
18 6:00am – Group Run/Walk 6:00pm – Zumba Toning 7:00pm – BDBFBC 7:15pm – Yoga Foundations	19 5:30am – R.I.P.P.E.D 9:00am – Zumba Gold** 4:30pm- FIRE UP BC 5:30pm – Core & More 6:00pm -BARRE FuZion 7:00pm- Zumba	20 6:00am – Group Run/Walk 4:30pm – FIRE UP BC 6:00pm- Zumba Toning 7:00pm- BDBF 7:15pm- Yoga (All Levels)	21 5:30am –R.I.P .P .E.D 9:00am – Zumba Gold** 4:30pm - FIRE UP BC 5:30pm – RIPPED 7:15pm – Power Vinyasa	22 <u>SPECIAL EVENT</u> 6:00pm Dancing Through The Decades Zumba Event 7:15pm Intro. To Oils (FREE)	23 <u>NO CLASSES</u> Mammoth 5K Race
25 6:00am – Group Run/Walk 6:00pm – Zumba Toning 7:00pm – BDBFBC <u>NEW CLASS</u> 7:15pm Meditative Yoga	26 5:30am – R.I.P.P.E.D 9:00am – Zumba Gold** 4:30pm- FIRE UP BC 5:30pm – Core & More 6:00pm -BARRE FuZion 7:00pm- Zumba	27 6:00am – Group Run/Walk 4:30pm – FIRE UP BC 6:00pm- Zumba Toning 7:00pm- RIPPED 7:15pm- Yoga (All Levels)	28 5:30am –R.I.P .P .E.D 9:00am – Zumba Gold** 4:30pm - FIRE UP BC <u>SPECIAL CLASS</u> 6:00pm - BDBF Challenge Accepted 7:15pm – Power Vinyasa	29 6:30pm – Zumba	30 8:00am- PiYo DEBUT 9:15am- Group Run/Walk <u>COMMUNITY EVENT</u> 11:00am BDBF At The Library

BC= Boot Camp / BDBF = Belly Dancing Body Fitness / BDBFBC = Belly Dancing Body Fitness Boot Camp