

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	1	2
					8am - S/S Boom	915am-Weight/Cardio
3	4	5	6	7	8	9
8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio	
630p- Beginner	9am- S/S Circuit	830a- S/S Cardio	9am- Line Dance			
Extreme Step	530p -Spin	5pm- Line Dance				
Member Appreciation						
10	11	12	13	14	15	16
8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio	
	9am- S/S Circuit	830a- S/S Cardio	9am- Line Dance			
	530p -Spin	5pm- Line Dance				
17	18	19	20	21	22	23
8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am- S/S Zumba	915am-Weight/Cardio	
630p- Beginner	9am- S/S Circuit	830a- S/S Cardio	9am- Line Dance			
Extreme Step	530p -Spin	5pm- Line Dance				
24	25	26	27	28	29	30
8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio	
	9am- S/S Circuit	830a- S/S Cardio				
	530p -Spin	5pm- Line Dance				
31	April 1	April 2	April 3	April 4	April 5	April 6