



Miles Challenge - March 1-31

Run. Walk. Track.
Download Nike Run Club & join
the Fox Fitness challenge.
Every mile counts!



MARCH GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30AM	LES MILLS GRIT STRENGTH VIRTUAL	LES MILLS GRIT CARDIO VIRTUAL	LES MILLS PUMP CORE VIRTUAL	LES MILLS GRIT ATHLETIC VIRTUAL	LES MILLS PUMP CORE VIRTUAL	Mar 7TH 9:30AM	LES MILLS BODYCOMBAT VIRTUAL
09:00AM	LES MILLS BODYCOMBAT VIRTUAL			LES MILLS BODYATTACK VIRTUAL		LIFT	LES MILLS BODYPUMP VIRTUAL
9:30AM	CIRCUIT	LES MILLS BODYPUMP					LES MILLS CORE VIRTUAL
11:00AM						Mar 14th 9:30AM	
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL	LIFT	LES MILLS GRIT ATHLETIC VIRTUAL
03:00PM						Mar 21st 9:30AM	LES MILLS BODYCOMBAT VIRTUAL
04:30 PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		LIFT	LES MILLS BODYPUMP VIRTUAL
05:00PM						LIFT	
05:30PM	LES MILLS GRIT	LES MILLS GRIT	LES MILLS GRIT			Mar 28TH 9:30AM	
06:15PM						LIFT	LES MILLS BODYBALANCE VIRTUAL
06:30PM	BYOB	ZUMBA	BYOB	LES MILLS BODYPUMP		LIFT	

- GRIT - 30 MIN HIIT
- BODY PUMP - 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO
- LIFT - MEN'S BIBLE STUDY/LIFT SESSION

- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN