

ISP Small Group Fitness Schedule – March 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8:15a							
9am		Short Circuits/ Tabata	Mobility	Short Circuits/ Tabata	Mobility		
10am							
Noon						Short Circuits/ Tabata	
5pm		Youth Athletic Development + Strength & Conditioning \$5		Youth Athletic Development + Strength & Conditioning \$5			