

ISP Small Group Fitness Schedule – March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

6am			Short Circuits "Tabata"		Short Circuits "Tabata"		
6:45am							
8:15a							
9am				Strength and Conditioning Circuits			
10am							
Noon							
6pm							