|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **March 2023** | | | | | | |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday** |
| **26** | **27** | **28** | **1** | **2** | **3** | | **4** |
|  |  |  | Spin @ 5PM  Pilates @ 5:30 PM | HIIT @ 5:30PM |  | | Barre/Pilates @ 9AM |
| **5** | **6** | **7** | **8** | **9** | **10** | | **11** |
|  | Sticks & Stress @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM  MXXED Fit @5:30 PM | Spin @ 5PM  Pilates @ 5:30 PM | HIIT @ 5:30PM |  | | Step/Combo @  9 AM |
| **12** | **13** | **14** | **15** | **16** | **17** | | **18** |
|  | Step @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM  MXXED Fit @5:30 PM | Spin @ 5PM  Pilates @ 5:30 PM | HIIT @ 5:30PM |  | | Sticks & Stress @ 9 AM |
| **19** | **20** | **21** | [**22**](https://www.calendarpedia.com/) | **23** | **24** | | **25** |
| |  | | --- | |  | | Step @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM  MXXED Fit @5:30 PM | Spin @ 5PM  Pilates @ 5:30 PM | HIIT @ 5:30PM |  | | TBC @ 9 AM |
| **26** | **27** | **28** | **29** | **30** | **1** | | **2** |
|  | Step @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  MXXED Fit @5:30 PM | Spin @ 5PM  Pilates @ 5:30 PM | HIIT @ 5:30PM |  | |  |
|  | | | | | |  | |

\*\*\*Call or Text to RESERVE your SPIN BIKE\*\*\* 919-339-4820 or 919-702-2461