

March 2019 **Group Fitness Classes**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
											1		2
	3		4		5		6		7		8		9
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am				Flow Yoga 10:00am Pound / ZUMBA 11:00am	
	10		11		12		13		14		15		16
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 6:30pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am ZUMBA / Dance Fitness 7:30pm					
	17		18		19		20		21		22		23
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 6:30pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am ZUMBA / Dance Fitness 7:30pm					
	24		25		26		27		28		29		30
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am				Pound / ZUMBA 11:00am	
	31		1		2		3		4		5		6
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					