

MARCH 2024 CLASS SCHEDULE

\$82.50/month or \$10 daily drop in!

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY (Strength)				KICKBOXING	
8:00am-9:15am				WEDNESDAY AT THE BARRE (Cardio Barre)			SATURDAY SHOWDOWN
9:00am - 10:00am					TOTAL BODY STRENGTH (Strength)		
9:15am - 10:15am			UNLEASH YOUR BEAST (Boot Camp 3/5 and 3/19)				
4:45pm - 5:45pm		VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm		YOGA with Kristy					