Fitness Class Schedule

MARCH 2011

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31		**1** 9-10:00am Body Pump - Holly 10:00 Pilates- Ann One 2 One Studio	**2** 9:05-10:00am Core & More- Alyce 6:00-7:00pm Cardio&Ab Blast- Suzi	**3** 9-10:00am Chisel- Alyce 10:00 Pilates- Ann One 2 One Studio	**4** 9:00- 10:00am Yoga - Kallie	**5** 8:00-9:00am Boot Camp- Melissa
6 31	**7** 8:30-9:30am Yoga - Sharon 6:00-7:00pm Core & More-Alyce	**8** 9-10:00am Body Pump - Holly 10:00 Pilates- Ann One 2 One Studio	**9** 9:05-10:00am Kickboxing- Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	**10** 9-10:00am Chisel- Alyce 10:00 Pilates- Ann One 2 One Studio	**11** 9:00- 10:00am Yoga - Kallie	**12** 8:00-9:00am Boot Camp- Holly
13 31	**14** 8:30-9:30am Yoga - Sharon 6:00-7:00pm Kickbox&Tone-Melissa	**15** 9-10:00am Body Pump - Holly 10:00 Pilates- Ann One 2 One Studio	**16** 9:05-10:00am Medicine Ball Class-Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	**17** 9-10:00am Chisel- Alyce 10:00 Pilates- Ann One 2 One Studio	**18** 9:00- 10:00am Yoga - Kallie	**19** 8:00-9:00am Boot Camp- Holly
20 31	**21** 8:30-9:30am Yoga - Sharon 6:00-7:00pm Kickbox&Tone-Melissa	**22** 9-10:00am Body Pump - Holly 10:00 Pilates- Ann One 2 One Studio	**23** 9:05-10:00am Kickboxing- Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	**24** 9-10:00am Body Pump- Holly 10:00 Pilates- Ann One 2 One Studio	**25** 9:00- 10:00am Yoga - Kallie	**26** 8:00-9:00am Boot Camp- Melissa
27 31	**28** 8:30-9:30am Yoga - Sharon 6:00-7:00pm Kickbox&Tone-Melissa	**29** 9-10:00am Body Pump - Holly 10:00 Pilates- Ann One 2 One Studio	**30** 9:05-10:00am Cardio&Ab- Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	**31** 9-10:00am Chisel- Alyce 10:00 Pilates- Ann One 2 One Studio		