



March 2018



Fitness for Women

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---|------------|--------------------|--------|---------------------------------|
| | | | | 1 | 2 | 3 |
| | | | | 6 PM Cardio Sculpt | | 9 AM Yoga 11 AM Teen Fitness |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | 6 PM Zumba | 6 PM Cardio Sculpt | | 9 AM Yoga 11 AM Teen Fitness |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | 6 PM Zumba | 6 PM Cardio Sculpt | | 9 AM Yoga 11 AM Teen Fitness |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | 7PM-9PM Dairy-Free Delights Workshop | 6 PM Zumba | 6 PM Cardio Sculpt | | 9 AM Yoga 11 AM Teen Fitness |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | | 6 PM Zumba | 6 PM Cardio Sculpt | | 9 AM Yoga |
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