

# March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Follow us on Instagram!</b> <b>Like us on Facebook!</b></p>						
8:00 AM Cycle - Mode'     <b>1</b>	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:00 AM Step&Sculpt - Russ 11:00 Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa  <b>2</b>	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM MusclePump - Lori  5:45 PM Zumba - Chris 7:00 PM Pilates - Peach  <b>3</b>	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan  5:30 PM Cycle - Tom  <b>4</b>	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach  5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie  <b>5</b>	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach    <b>6</b>	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach    <b>7</b>
8:00 AM Cycle - Mode'     <b>8</b>	5:30 AM HIIT Cycle -Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa  <b>9</b>	5:45 AM Cycle - Tom 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori  5:45 PM Zumba- Chanel 7:00 PM Pilates -Peach  <b>10</b>	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan  5:30 PM Cycle - Tom  <b>11</b>	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach  5:45PM Poweryoga45 - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie  <b>12</b>	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach    <b>13</b>	9:00 AM Barre TBC - Peach 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach    <b>14</b>
8:00 AM Cycle - Mode'     <b>15</b>	5:30 AM HIITCycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach  <b>16</b>	5:45 AM Cycle - Tom 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori  5:45 PM Zumba - Chris 7:00 PM Pilates - Peach  <b>17</b>	8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ 11:00 AM Senior Strong - Susan  5:30 PM Cycle - Tom  <b>18</b>	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach  5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie  <b>19</b>	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach    <b>20</b>	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chis 11:15 AM Yogaflow - Elizabeth    <b>21</b>
8:00 AM Cycle - Mode'     <b>22</b>	5:30 AM HIIT Cycle - Lisa 8:30 AM Barre TBC - Camille 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle -Mode' 7:00 PM Yoga - Susan  <b>23</b>	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori  5:45 PM Zumba - Chanel 7:00 PM Pilates - Susan  <b>24</b>	<b>8:30 AM HIIT Cycle - No class today!</b> 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan  5:30 PM Cycle - Tom  <b>25</b>	5:30 AM Boot Camp - Camille 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Christy  5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie  <b>26</b>	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Susan    <b>27</b>	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Camille    <b>28</b>
8:00 AM Cycle - MoDe'     <b>29</b>	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa  <b>30</b>	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM MusclePump - Lori  5:45 PM Zumba - Chris 7:00 PM Pilates - Peach  <b>31</b>				