

March Schedule

Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
8:00AM						Zumba w/ Lara	
9:00AM	Pilates w/ Melanie		Pilates w/ Melanie	Yoga w/ Tracy	Boot Camp w/ Adana		
12:00PM		Abs- Toning w/Arlene					
2:00 PM							Zumba w/ Lara & Toni alternating
5:00 PM				Zumba w/ Toni			
5:30 PM	Zumba w/ Toni	Zumba w/Lara	Step w/Toni				
6:00 PM				Yoga w/Roberta			
6:30PM	Yoga w/ Roberta	Kick Boxing w/ Micah	Boot Camp w/ Adana				