



March 2019 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 *Obstacle Training Starts 2PM	4 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	5 Zumba Dance 5:30PM (Vickie) Yoga 6:30PM (Denise)	6 NO ZUMBA *Obstacle Training 6PM	7 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	8 **Morning Gentle Yoga 9AM (Denise)	9 Zumba Dance makeup 9AM (Vickie)
10 *Obstacle Training 2PM	11 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	12 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	13 Zumba Dance 5:30PM (Vickie) *Obstacle Training 6PM	14 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	15 **Morning Gentle Yoga 9AM (Denise)	16
17 *Obstacle Training 2PM	18 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	19 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	20 Zumba Dance 5:30PM (Vickie) *Obstacle Training 6PM	21 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	22 **Morning Gentle Yoga 9AM (Denise)	23
24 *Obstacle Training 2PM	25 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	26 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	27 Zumba Dance 5:30PM (Vickie) *Obstacle Training 6PM	28 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	29 **Morning Gentle Yoga 9AM (Denise)	30
31 *Obstacle Training 2PM	*Obstacle Training offered at additional cost, twice a week for 8 weeks, times/days are tentative **Morning Gentle Yoga 9AM is part of "unlimited classes" package, trial 4-week period Zumba changes- Vickie subbing for Teri on March 5th, Vickie making up missed Zumba on Sat. March 9th					

