



## Live Streaming Fitness Class Schedule March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am – 10:00 am CARDIO/STRENGTH	9:00 am – 10:00 am STRENGTH TRAINING	9:00 am – 10:00 am CARDIO/STRENGTH	9:00 am – 10:00 am STRENGTH TRAINING	9:00 am – 10:00 am CARDIO/STRENGTH	9:00 am – 10:00 am BOOTCAMP
12:00 – 1:00 pm STRENGTH TRAINING	12:00 – 1:00 pm BODYWEIGHT BLAST	12:00 – 1:00 pm BUNS & BELLIES	12:00 – 1:00 pm HIIT	12:00 – 1:00 pm STRETCH & RELEASE	
	2:30 – 3:30 pm GENTLEFIT		2:30 – 3:30 pm GENTLEFIT		
		4:30 – 5:15 pm STRENGTH TRAINING			
5:30 – 6:30 pm ZUMBA	5:30 – 6:30 pm STRENGTH TRAINING	5:30 – 6:30 pm ZUMBA	5:30 – 6:30 pm BOOTCAMP		