

Upstairs

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	2 9:30 Total Core Sandy	3 9:00 HIIT Training Meredith
4	5 9:30 Cut-N-Tone Sandy 5:45 HIIT Gloria	6 5:30 Cut-N-Sweat Sandy	7 8:30 Cardio Int. Meredith	8 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	9 9:30 Total Core Sandy	10 9:00 HIIT Training Joanna
11	12 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	13 5:30 Cut-N-Sweat Sandy	14 8:30 Cardio Int. Meredith	15 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	16 9:30 Total Core Sandy	17 9:00 HIIT Training Gloria
18	19 9:30 Cut-N-Tone Sandy 5:45 HIIT Gloria	20 5:30 Cut-N-Sweat Sandy	21 8:30 Cardio Int. Meredith	22 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	23 9:30 Total Core Sandy	24 9:00 HIIT Training Gloria
25	26 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	27 5:30 Cut-N-Sweat Sandy	28 8:30 Cardio Int. Meredith	29 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	30 9:30 Total Core Sandy	31 9:00 HIIT Training Joanna