

# MARCH



SUN

MON

TUE

WED

THU

FRI

SAT

**01**

**8AM Cardio/Circuits**  
Full hour  
**9AM Core Killer**  
30 minutes

**02**

**Balls 2 the Wall**  
4:45PM  
5:30PM

**03**

**04**

**Strength/HIIT**  
4:45PM  
5:30PM

**05**

**06**

**Full body Friday**  
11:00AM

**07**

**08**

**8AM Cardio/Circuits**  
Full hour  
**9AM Core Killer**  
30 minutes

**09**

**Balls 2 the Wall**  
4:45PM  
5:30PM

**10**

**11**

**Strength/HIIT**  
4:00PM  
4:45PM  
5:30PM

**12**

**13**

**Full body Friday**  
11:00AM

**14**

NO CLASS

**15**

**16**

**Balls 2 the Wall**  
4:45PM  
5:30PM

**17**

**18**

**Strength/HIIT**  
4:00PM  
4:45PM  
5:30PM

**19**

**20**

**Full body Friday**  
11:00AM

**21**

**22**

**8AM Cardio/Circuits**  
Full hour  
**9AM Core Killer**  
30 minutes

**23**

**Balls 2 the Wall**  
4:45PM  
5:30PM

**24**

**25**

**Strength/HIIT**  
4:45PM  
5:30PM

**26**

**27**

**Full body Friday**  
11:00AM

**28**