



MARCH CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	2 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	3 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	4 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	5 9:30am Bikini Bootcamp	6 10am Bikini Bootcamp
7 12pm Pay What You Want Bootcamp	8 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	9 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	10 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	11 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	12 9:30am Bikini Bootcamp	13 10am Bikini Bootcamp
14 12pm Pay What You Want Bootcamp	15 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	16 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	17 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	18 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	19 9:30am Bikini Bootcamp	20 10am Bikini Bootcamp
21 12pm Pay What You Want Bootcamp	22 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	23 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	24 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	25 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	26 9:30am Bikini Bootcamp	27 10am Bikini Bootcamp
28 12pm Pay What You Want Bootcamp	29 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	30 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	31 9:30am Bikini Bootcamp 6pm Bikini Bootcamp			

Bikini & Pay What You Want Bootcamps: Tone, sculpt and burn the fat. With our unique fusion of resistance training, plyometrics, speed intervals, kettlebell work, core conditioning and more.

Fat Loss Faster: This program combines the latest and most advanced exercise techniques for toning and fat loss. Limit of 4 people per class.

Kickboxing: A fun filled hour of kicking, punching and a whole lot more. This full body workout will have you drenched with sweat by end of the class!