

## MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT	
<b>Instructors:</b> AF Augusta Fehn AO Aida Otieno LG Lucie Geraci NK Nelli Klygina		RD Rey Drummond ME Melissa Elam BS Brittani Stokes CD Caroline Dozier SR Shawn Robertson		<b>Fitness Rooms:</b> MB = Mind and Body FUS = Fusion 1C Spin		Class Price: \$5 w/ 10 Pass Package \$6 / Drop In	0900 FFT 101 FUS
2	3	4	5	6	7	8	
0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	0600 SPIN AF SPIN 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1830 Zumba BS 1C	0900 FFT 101 FUS 1000 Beg. Yoga CD MB		
9	10	11	12	13	14	15	
0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1830 Zumba BS 1C	1000 Beg. Yoga CD MB		
16	17	18	19	20	21	22	
0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	0600 SPIN AF SPIN 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1830 Zumba BS 1C	0900 FFT 101 FUS 1000 Beg. Yoga CD MB		
23	24	25	26	27	28	29	
0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS	0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	<b>Training Holiday 0830-1700</b>  0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C	<b>Training Holiday 0830-1700</b>  0930 Pump NK 1C 1045 POP Pilates NK 1C			
30	31						
0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C							

March 6-April 12 and March 10-April 16. Hava's Bootcamp: 6-Week Express Boot Camp that will target your entire body, taking you from ground zero to hero in a matter of weeks!

