

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:00AM SCULPT - KADI QUADS/BACK 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS CANCELLED	3 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	4 5:15AM STRENGTH MOBILITY- BEN 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	5 5:00AM-SCULPT-KADI INNER/SHOULDERS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-LIS 5:00PM-SCULPT-HEATHER	6 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	7 8:30AM-YOGA-LIS
8	9 5:00AM SCULPT - KADI HAMS/BACK 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	10 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	11 5:15AM STRENGTH MOBILITY- BEN 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	12 5:00AM-SCULPT-KADI CHEST/OUTTER 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER	13 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	14 8:30AM-YOGA-LIS
15	16 5:00AM SCULPT - KADI INNER/SHOULDERS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	17  5:00AM-SPIN-CECI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	18 5:15AM STRENGTH MOBILITY- BEN 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	19 5:00AM-SCULPT-CECI QUADS/ARMS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-LIS 5:00PM-SCULPT-HEATHER	20 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO- TBD 3:30PM KIDS CLASS-KADI	21 8:30AM-YOGA-LIS
22	23 5:00AM SCULPT - KADI OUTTER/CHEST 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	24 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	25 5:15AM STRENGTH MOBILITY- BEN 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	26 5:00AM-SCULPT-KADI BACKS/HAMS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER	27 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	28 8:30AM-YOGA-LIS
29	30 5:00AM SCULPT - KADI QUADS/ARMS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	31 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER				