

# March Aerobic/Zumba 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:15 Sit Fit upstairs Jan 9:00 Pump It Up Marisa 12:00 Easy Does It Marisa 6:00 Zumba Janith	3 9:30 Zumba Marisa 4:30 HITT Darrius	4 8:15 Sit Fit Jan (Upstairs) 9:00 20/20/20 Ami 12:00 Easy Does It Marisa 4:30 HITT Darrius 5:45 Zumba Gold Michelle 6:30 Members choice Michelle	5 9:30 Zumba Marisa 4:30 HITT Darrius 5:30pm Zumba Michelle	6 8:15 Sit Fit Jan Taylor 9:00am Cardio Cut Ami 4:30 HITT Darrius	7 11:30 Zumba Gold Michelle
8	9 8:15 Sit Fit upstairs Jan 9:00 Cardio Interval Ami 12:00 Easy Does It Marisa 6:00 Zumba Janith	10 9:30 Zumba Marisa 4:30 HITT Darrius	11 8:15 Sit Fit Jan (Upstairs) 9:00 20/20/20 Ami 12:00 Easy Does It Marisa 4:30 HITT Darrius 5:45 Zumba Gold Mary	12 9:30 20/20/20 Ami 4:30 HITT Darrius 5:30pm Zumba Michelle	13 8:15 Sit Fit Jan Taylor 9:00am Cardio Cut Ami 4:30 HITT Darrius	14 11:30 Zumba Gold Michelle
15	16 8:15 Sit Fit upstairs Jan 9:00 Cardio Interval Ami 12:00 Easy Does It Marisa 6:00 Zumba Janith	17 9:30 Zumba Marisa 4:30 HITT Darrius	18 8:15 Sit Fit Jan (Upstairs) 9:00 20/20/20 Ami 12:00 Easy Does it Heather 4:30 HITT Darrius 5:45 Zumba Gold Michelle 6:30 Members choice Michelle	19 9:30 20/20/20 Ami 4:30 HITT Darrius 5:30pm Zumba Michelle	20 8:15 Sit Fit Jan Taylor 9:00am Cardio Cut Ami 4:30 HITT Darrius	21 11:30 Zumba Gold Michelle
22	23 8:15 Sit Fit upstairs Jan 9:00 Cardio Interval Ami 12:00 Easy Does It Marisa 6:00 Zumba Janith	24 9:30 Zumba Marisa 4:30 HITT Darrius	25 8:15 Sit Fit Jan (Upstairs) 9:00 20/20/20 Ami 12:00 Easy Does It Marisa 4:30 HITT Darrius 5:45 Zumba Gold Mary	26 9:30 Zumba Marisa 4:30 HITT Darrius 5:30pm Zumba Michelle	27 8:15 Sit Fit Jan Taylor 9:00am Cardio Cut Ami 4:30 HITT Darrius	28 11:30 Zumba Gold Michelle
29	30 8:15 Sit Fit upstairs Jan 9:00 Cardio Interval Ami 12:00 Easy Does It Marisa 6:00 Zumba Janith	31 9:30 Zumba Marisa 4:30 HITT Darrius				

**COME AND JOIN US FOR HITT TRAINING!**