

Fitness

March-08-15 - March-14-15

March 15						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 15						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

	8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
7 am			Tabata	Morning Glory Yoga	Call of Booty		
8 00							
9 00							
10 00		Express Fitness	Express Fitness	Express Fitness	Express Fitness	Express Fitness	All Level Yoga
11 00		Yogalates	MMA for Self Defense	Extreme Fit	Barre Method Pilates	Introductory Yoga	All Level Yoga
12 pm	Full Body Fit	Express Fitness	Express Fitness	Express Fitness	Express Fitness	Express Fitness	
1 00		Hatha Yoga	Yoga for Brock Staff	Insane Fit	Fitness Kickboxing	Bro'ga	
2 00		Zumba Toning		Kickstart to Kickbox	Zumba Toning		
3 00					Tai Chi		
4 00		Express Fitness	Express Fitness	Express Fitness	Express Fitness		
5 00		Yin Yoga	Zumba	Vinyasa Flow Yoga	Yogalates		
6 00		Pilates	Yogatherapy	Beginner's Bootcamp: level 1	Insane Fit		
7 00			Intro to Yoga	Hip Hop	Zumba		
8 00							
9 00		Brock Dance	Japanese Swordsmanship		Brock Dance		
10 00							