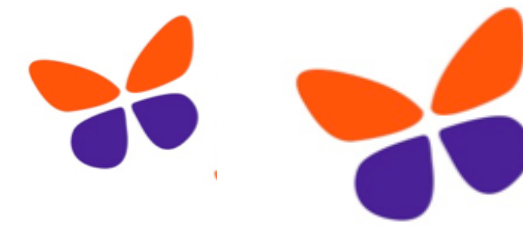




MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20 8:30 - 9:30 a.m. STRENGTH + CARDIO HIIT Pyramid Dumbbells	21 8:30 - 9:05 a.m. NO IMPACT CORE STRENGTH & BALANCE Broomstick/Stick/Rod	22 8:30 - 9:30 a.m. NO IMPACT COMPOUND STRENGTH Dumbbells	23 8:30 - 9:05 a.m. CARDIO KICKBOXING TABATA Optional: Ankle/Wrist Weights	24 8:30 - 9 a.m. SCULPT Dumbbells & 2 Sliders 9- 9:30 a.m. TOTAL BODY STRETCH Blanket & Yoga Block	25
26	27 8:30 - 9:30 a.m. STRENGTH + CARDIO HIIT AMRAP Dumbbells & BOSU	28 8:30 - 9:05 a.m. NO IMPACT CORE STRENGTH & BALANCE Physioball	29 8:30 - 9:30 a.m. NO IMPACT COMPOUND STRENGTH Dumbbells	30 8:30 - 9:05 a.m. CARDIO KICKBOXING TABATA Optional: Ankle/Wrist Weights	31 8:30 - 9 a.m. SCULPT Pilates Ball + Ankle Wts 9- 9:30 a.m. TOTAL BODY STRETCH 2 Yoga Balls/Tennis Balls	