

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>O:</b> Outdoors (Garage Studio)</p> <p><b>V:</b> Virtual Option Available</p>	<p><b>ORANGE:</b> Small Group Training *Additional Fee</p> <p><b>"WRW":</b> Weight Room Workout (Strength Series)</p> <p><b>BLUE:</b> Special Event</p>		<p><i>Please register for classes and small group training ahead of time via our website or using the free Mindbody App</i></p>	<p><b>🔴: FD March Madness Specialty Class</b> All are welcome. Drop In \$10</p>		<p>1</p> <p>7:30 Spin (V) 8:30 Barre (V)</p>
<p>2</p> <p><b>🔴 Cardio Dance w/ Krissy Phillipino</b> 10am</p>	<p>3</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) <b>🔴 9:30am Pilates Mat w/ Pam</b> 10:30, 11:30, 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>4</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX &amp; Stretch 5:30 Pilates Apparatus* 6:30 Nutrition Wellness Program*</p>	<p>5</p> <p>5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>6</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)  5:30 Pilates Apparatus* 5:30 Barre Fusion (V)</p>	<p>7</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V)  <b>🔴 5:30pm Balance for Life w/ Kyle</b></p>	<p>8</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> <p><b>🔴 10am International Women's Day Spin w/ Grace</b></p>
<p>9</p>	<p>10</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus*  5:30 Spin (OV)</p>	<p>11</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*  5:30 TRX &amp; Stretch</p>	<p>12</p> <p>5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*  5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>13</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)  5:30 Barre Fusion (V)</p>	<p>14</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*  <b>🔴 5:30pm Pilates Mat w/ Dee</b></p>	<p>15</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> <p><b>March Madness HALFTIME details to come</b></p>
<p>16</p>	<p>17</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 5:30 Spin (OV)  <b>🔴 6:30pm St Paddy Circuit w/ Grace</b></p>	<p>18</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*  5:30 TRX &amp; Stretch 5:30 Pilates Apparatus*</p>	<p>19</p> <p>5:45 Fitcamp (V) 9:30 Circuit Training (V)  5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>20</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)  5:30 Pilates Apparatus* 5:30 Barre Fusion (V)</p>	<p>21</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*  <b>🔴 5:30pm 80s Spintervals w/ Barb</b></p>	<p>22</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> <p><b>🔴 10am Meal Prep w/ Barb</b></p>
<p>23</p> <p><b>🔴 10am Step Class w/Jana</b></p> <hr/> <p>30</p> <p><b>🔴 6:30pm Ignite your Fire Yoga with Marlene</b></p>	<p>24</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 5:30 Spin (OV)</p> <hr/> <p>31</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>25</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*  5:30 TRX &amp; Stretch 5:30 Pilates Apparatus*</p>	<p>26</p> <p>5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*  5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>27</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)  5:30 Pilates Apparatus* 5:30 Barre Fusion (V)</p>	<p>28</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*  <b>🔴 5:30pm Pound &amp; Pour w/ Jana</b></p>	<p>29</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> <p><b>🔴 10am Show-Tune Spin w/ Sam</b></p>