

# K-Town Shakedown

Find Your Strong

## March 2020

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
1 4:15pm-Fierce45 5:15pm-Gentle Yoga	2 8:30am-TBC 9:45am-RISE 4:30pm-Cardio Groove 5:45pm-Total Body Cycle 7pm-Hip Hop Yoga	3 5:30am-PiYo/Transform 8:30am-Tabata 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC Session 7pm-Cardio Groove	4 8:30am-TBC 9:45am-RISE 4:30pm-Gentle Yoga 5:45pm-Buti Yoga 7pm-Pound	5 5:30am-PiYo/Transform 8:30am-Zumba 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC 7pm-Paintbox 8pm-Candlelit Yoga	6 8:30am-Yoga 5:30pm-Walk 15	7 9am-Zumba Strong
8 Daylight Savings Begins 4:15pm-Fierce45 5:15pm-Gentle Yoga 	9 8:30am-TBC 9:45am-RISE 4:30pm-Cardio Groove 5:45pm-Total Body Cycle 7pm-Hip Hop Yoga	10 5:30am-PiYo/Transform 8:30am-Tabata 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC Session 7pm-Cardio Groove	11 8:30am-TBC 9:45am-RISE 4:30pm-Gentle Yoga 5:45pm-Buti Yoga 7pm-Pound	12 5:30am-PiYo/Transform 8:30am-Zumba 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC 7pm-Paintbox 8pm-Candlelit Yoga	13 8:30am-Yoga 5:30pm-Walk 15	14 9am-Zumba Strong
15 4:15pm-Fierce45 5:15pm-Gentle Yoga	16 8:30am-TBC 9:45am-RISE 4:30pm-Cardio Groove 5:45pm-Total Body Cycle 7pm-Hip Hop Yoga	17 5:30am-Cancelled 8:30am-Tabata 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC Session 7pm-Cardio Groove St. Patrick's Day 	18 8:30am-TBC 9:45am-RISE 4:30pm-Gentle Yoga 5:45pm-Buti Yoga 7pm-Pound	19 5:30am-Cancelled 8:30am-Zumba 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC 7pm-Paintbox 8pm-Candlelit Yoga	20 8:30am-Yoga 5:30pm-Walk 15	21 9am-Zumba Strong
22 4:15pm-Fierce45 5:15pm-Gentle Yoga	23 8:30am-TBC 9:45am-RISE 4:30pm-Cardio Groove 5:45pm-Total Body Cycle 7pm-Hip Hop Yoga	24 5:30am-Cancelled 8:30am-Tabata 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC Session 7pm-Cardio Groove	25 8:30am-TBC 9:45am-RISE 4:30pm-Gentle Yoga 5:45pm-Buti Yoga 7pm-Pound	26 5:30am-PiYo/Transform 8:30am-Zumba 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC 7pm-Paintbox 8pm-Candlelit Yoga	27 8:30am-Yoga 5:30pm-Walk 15	28 8:30am-6pm Zumba Strong Instructor Training 
29 9:30-10:30am-Pop-up Zumba Strong Class 11am-2pm Zumba Strong Sync Lab 5:15pm-Gentle Yoga	30 8:30am-TBC 9:45am-RISE 4:30pm-Cardio Groove 5:45pm-Total Body Cycle 7pm-Hip Hop Yoga	31 5:30am-PiYo/Transform 8:30am-Tabata 9:45am-RISE 4:30pm-Chisel 5:45pm-TBC Session 7pm-Cardio Groove				

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