

# March 2023 Gym Schedule

Updated 3/9/23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a: Pilates
5	6	7	8	9	10	11
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a: Pilates
12	13	14	15	16	17	18
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a: Pilates
19	20	21	22	23	24	25
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 9:30a-10:45a: SFL 11:15a-12:30p: Rock Steady	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a: Pilates
26	27	28	29	30	31	
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