

MARCH 2020

MON	TUE	WED	THU	FRI	SAT
Mar 2 9:45am Muscle Pump (RP) 7:30pm Yoga (RP)	Mar 3 9am Aquafit 9:45am HIIT & Lift (RP) 10am High Intensity Aquafit 8pm Aquafit	Mar 4 9:45am Yoga (RP) 6pm Muscle Pump(RP)	Mar 5 9am Aquafit 9:45am Work It Circuit (RP) 10am High Intensity Aquafit 8pm Aquafit	Fri Mar 6 9:45am Yoga (RP)	Sat Mar 7 9:30am Muscle Pump (RP) 10am Spin (DDH)
OLYMPIAN BEAR MILITARY SPORTS COMPETITION WEEK					
Mar 9 9:45am Muscle Pump (RP) 6pm Spin (DDH) 7:30pm Yoga (RP)	Mar 10 9am Aquafit 9:45am HIIT & Lift (RP) 10am High Intensity Aquafit 6pm Boot Camp 6pm Zumba 8pm Aquafit	Mar 11 9am Aquafit 9:45am Yoga (RP) 6pm Muscle Pump(RP) 6pm Spin (DDH)	Mar 12 9am Aquafit 9:45am Work It Circuit (RP) 10am High Intensity Aquafit 6pm Zumba (DDH) 6pm Boot Camp (AFC) 8pm Aquafit	Fri Mar 13 9:45am Yoga (RP)	Sat Mar 14 9:30am Muscle Pump (RP) 10am Spin (DDH)
Mar 16	Mar 17	Mar 18	Thurs Mar 19	Fri Mar 20	Sat Mar 21
MARCH BREAK / BASE CLOSURE					
Mar 23	Mar 24	Mar 25	Mar 26	Fri Mar 27	Sat Mar 28
WEEK 1 OF SCHOOL CLOSURE / WEEK 2 OF BASE CLOSURE					
Mar 30	Mar 31				
WEEK 2 OF SCHOOL CLOSURE / WEEK 3 OF BASE CLOSURE					