

March 2021 GROUP CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:30PM Bootcamp	2 5:30AM Strength 8:30AM Barre 11AM Franciscan Health Care (CLOSED CLASS) ***5:00PM High Fitness	3 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class 5:30PM Barre	4 5:30AM Bootcamp 8:30AM Strength 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	5 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	6 8:30AM Strength 9:30AM High Fitness
7	8 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:30PM Bootcamp	9 5:30AM Strength 8:30AM Barre 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	10 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class 5:30PM Barre	11 5:30AM Bootcamp 8:30AM Strength 11AM Franciscan Health Care (CLOSED CLASS) ***5:00PM High Fitness	12 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	13 8:30AM Strength 9:30AM High/Low Fitness
14	15 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:30PM Bootcamp	16 5:30AM Strength 8:30AM Barre 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	17 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class 5:30PM Barre	18 5:30AM Bootcamp 8:30AM Strength 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	19 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	20 8:30AM Strength 9:30AM High Fitness
21	22 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:30PM Bootcamp	23 5:30AM Strength 8:30AM Barre 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	24 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class 5:30PM Barre	25 5:30AM Bootcamp 8:30AM Strength 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	26 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	27 8:30AM Strength 9:30AM High/Low Fitness
28	29 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:30PM Bootcamp	30 5:30AM Strength 8:30AM Barre 11AM Franciscan Health Care (CLOSED CLASS) 5:30PM High Fitness	31 5:30AM High/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class 5:30PM Barre	1	2 ***March 2 nd March 11 th High Fitness starts at 5 PM	3 + Resistive Bands class is an OPEN class to the community, run by Franciscan Health Care.