

# March 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 9a Pietra Fitness 10:15a Core Conditioning
<b>2</b>	<b>3</b> 8:30a Strength 9:30a Strength 5:30p Fitness 101	<b>4</b> 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	<b>5</b> 9:30a Core Conditioning 10:30a Fitness 101	<b>6</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>7</b> 8:30a Flexibility 10:30a Fitness 101	<b>8</b> 9a Pietra Fitness 10:15a Core Conditioning
<b>9</b>	<b>10</b> 8:30a Strength 9:30a Strength 5:30p Fitness 101	<b>11</b> 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	<b>12</b> 9:30a Core Conditioning 10:30a Fitness 101	<b>13</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>14</b> 8:30a Flexibility 10:30a Fitness 101	<b>15</b> 9a Pietra Fitness 10:15a Core Conditioning
<b>16</b>	<b>17</b> 8:30a Strength 9:30a Strength 5:30p Fitness 101	<b>18</b> 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	<b>19</b> 9:30a Core Conditioning 10:30a Fitness 101	<b>20</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>21</b> 8:30a Flexibility 10:30a Fitness 101	<b>22</b> 9a Pietra Fitness 10:15a Core Conditioning
<b>23/30</b>	<b>24/31</b> 8:30a Strength 9:30a Strength 5:30p Fitness 101	<b>25</b> 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	<b>26</b> 9:30a Core Conditioning 10:30a Fitness 101	<b>27</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>28</b> 8:30a Flexibility 10:30a Fitness 101	<b>29</b> 9a Pietra Fitness 10:15a Core Conditioning

# March 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 8:25a Pilates 9:15a Pilates
<b>2</b>	6:30a Pilates <b>3</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates <b>4</b> 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength <b>5</b> 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	<b>6</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	<b>7</b> 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	<b>8</b> 8:25a Pilates 9:15a Pilates
<b>9</b>	6:30a Pilates <b>10</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates <b>11</b> 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength <b>12</b> 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	<b>13</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	<b>14</b> 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	<b>15</b> 8:25a Pilates 9:15a Pilates
<b>16</b>	6:30a Pilates <b>17</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates <b>18</b> 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength <b>19</b> 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	<b>20</b> 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	<b>21</b> 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	<b>22</b> 8:25a Pilates 9:15a Pilates
<b>23/30</b>	6:30a Pilates <b>24/31</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates <b>25</b> 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength <b>26</b> 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	<b>27</b> 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	<b>28</b> 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	<b>29</b> 8:25a Pilates 9:15a Pilates