

MARCH SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	2 9:00-10:00am barreEFFECT
3 8:00-9:00am barreEFFECT 9:15-10:15am Pilates Strength & Stretch	4 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	5 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	6 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	7 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Pilates Strength & Stretch	8 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	9 9:00-10:00am barreEFFECT
10 8:00-9:00am barreEFFECT 9:15-10:15am Pilates Strength & Stretch	11 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 5:15-6pm BossChick Hip Hop 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	12 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	13 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	14 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	15 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	16 9:00-10:00am barreEFFECT
17 8:00-9:00am  SHAMROCK BARRE 9:15-10:30am POT-o-GOLD FLOW	18 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	19 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	20 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	21 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	22 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	23 9:00-10:00am barreEFFECT
24 8:00-9:00am barreEFFECT 6:00-7:00pm *SPA YOGA: restorative flow*	25 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	26 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	27 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	28 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm *CLASSIC ROCK YOGA*	29 9:30-10:30am cardioBARRE	30 9:00-10:00am barreEFFECT
31 EASTER <i>*studio closed*</i>						