

naturespa

March Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Class \$12 Class 10/\$80				1 10a yoga 430 yoga 6pm Yoga	2 7a yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	3 7a yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4pyoga
4 10am yoga 530p cardiostrength Gym class	5 645a XpressFit 6p yoga	6 9a yoga 530 yoga	7 530 grateful yoga	8 10a yoga 430 yoga 6pm Yoga	9 7a yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	10 7a yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4pyoga
11 10am yoga 530p cardiostrength Gym class	12 645a XpressFit 6p yoga	13 9a yoga 530 yoga	14 530 grateful yoga	15 10a yoga 430 yoga 6pm Yoga	16 7a yoga 9a yoga J 11a yoga 2p yoga 4p yoga	17 7a yoga 9a yoga 11a yoga 2p yoga 4pyoga
18 10am yoga 530p cardiostrength Gym class	19 645a XpressFit 6p yoga	20 9a yoga 530 yoga	21 530 grateful yoga	22 10a yoga 430 yoga 6pm Yoga	23 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	24 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4pyoga
25 10am yoga 530p cardiostrength Gym class	26 645a XpressFit 1p aquafit 6p yoga	27 9a yoga 530 yoga	28 1p aquafit 530 grateful yoga	29 10a yoga 430 yoga 6pm Yoga	30 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	31 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4pyoga