

naturespa

March Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Class \$12 Class 10/\$80			1 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	2 10am yoga 430 yoga	3 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga	4 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
5 10am yoga 530p gym class	6 10a Chair Yoga 1p aquafit 6p yoga	7 9a gentle yoga 530 yoga	8 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	9 10am yoga 430 yoga	10 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga	11 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
12 10am yoga 530p gym class	13 10a Chair Yoga 1p aquafit 6p yoga	14 9a gentle yoga 530 yoga	15 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	16 10am yoga 430 yoga	17 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga	18 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
19 10am yoga 530p gym class	20 10a Chair Yoga 1p aquafit 6p yoga	21 9a gentle yoga 530 yoga	22 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	23 10am yoga 430 yoga	24 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga	25 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
26 10am yoga 530p gym class	27 10a Chair Yoga 1p aquafit 6p yoga	28 9a gentle yoga 530 yoga	29 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	30 10am yoga 430 yoga	31 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga	Class \$12 Class 10/\$80 Monthly Unlimited \$100