

# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SS MSROM 11:00 (60) <b>AR</b>  Butts and Gutts 5:30 (45) <b>AR</b>	2  Zumba 5:00 (45) <b>DS</b>	3 SS Cardio 9:00 (45) <b>AT</b>	4  Ab Lab 5:30 (45) <b>AR</b>	5 SS MSROM 9:00 (60) <b>AT</b>	6 Boot Camp 8:30 (60) <b>AR</b>
8 SS MSROM 11:00 (60) <b>AR</b>  Butts and Gutts 5:30 (45) <b>AR</b>	9  Ab Lab 5:30(30) <b>AR</b>	10 SS Cardio 9:00 (45) <b>AT</b>	11  Ab Lab 5:30 (45) <b>AR</b>	12 SS MSROM 9:00 (60) <b>AT</b>	13
15 SS MSROM 11:00 (60) <b>AR</b>  Butts and Gutts 5:30 (45) <b>AR</b>	16  Zumba 5:00 (45) <b>DS</b>	17 SS Cardio 9:00 (45) <b>AT</b>	18  30 Day Group 5:30 (45) <b>AR</b>	19 SS MSROM 9:00 (60) <b>AT</b>	20
22 SS MSROM 11:00 (60) <b>AR</b>  Butts and Gutts 5:30 (45) <b>AR</b>	23  Zumba 5:00 (45) <b>DS</b>	24 SS Cardio 9:00 (45) <b>AT</b>	25  30 Day Group 5:30 (45) <b>AR</b>	26 SS MSROM 9:00 (60) <b>AT</b>	27
29 SS MSROM 11:00 (60) <b>AR</b>  Butts and Gutts 5:30 (30) <b>AR</b>	30  Zumba 5:00 (45) <b>DS</b>	31 SS Cardio 9:00 (45) <b>AT</b>			