

2023

MARCH

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<p>1</p> <p>0600 Cardio-SW 0900 Advance Body-CA 1100 Tabata-RH 1130 Total Body 1700 Zumba-MB 1800 Turbokick-ZF</p>	<p>2</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW Gun 1130 Total Body-CA Gun</p>	<p>3</p> <p>0900 Advance Body-CA Total Body-CA Gun</p>	<p>4</p> <p>0900 Boxing Circuit-ZF</p>
<p>5</p> <p>1400 Zumba-MB</p>	<p>6</p> <p>1100 Pound-JC 1130 Total Body-CA 1730 Circuits-ZF Gun</p>	<p>7</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW 0800 HIIT-SW 1115 Indoor Cycling-JC 11300 HIIT-SW Gun 1630 Zumba-MB Gun 1730 Turbokick-ZF Gun</p>	<p>0600 Cardio-SW 0900 Advance Body-CA 1130 Total Body -CA 1700 Zumba-MB 1800 Turbokick-ZF</p>	<p>9</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW Gun 1130 Total Body-CA Gun</p>	<p>10</p> <p>0900 Advance Body-CA 1130 Total Body-CA Gun</p>	<p>11</p>
<p>12</p> <p>1400 Zumba-MB</p>	<p>13</p> <p>1100 Pound-JC 1130 Total Body-CA 1730 Circuits-ZF Gun</p>	<p>0500 RIOT ZF Gun 0600 Strength-SW 0800 HIIT-SW 1115 Indoor Cycling-JC 1630 Zumba-MB Gun 1730 Turbokick-ZF Gun</p>	<p>15</p> <p>0600 Cardio-SW 0900 Advance Body-CA 1100 Tabata-RH 1130 Total Body-CA 1700 Zumba-MB 1800 Turbokick-ZF</p>	<p>16</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW Gun 1130 Total Body-CA Gun</p>	<p>17</p> <p>0900 Advance Body-CA 1130 Total Body-CA</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>1130 Spin-ZF Gun 1130 Total Body-CA 1730 P90X-ZF Gun</p>	<p>21</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW 0800 HIIT-SW 1630 Zumba-MB 1730 Turbokick-ZF Gun</p>	<p>22</p> <p>0600 Cardio-SW 0900 Advance Body-CA 1100 Tabata-RH 1130 Total Body-CA 1130 Spin-ZF Gun 1700 Zumba-MB 1800 Turbokick-ZF</p>	<p>23</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW 1130 Total Body-CA Gun</p>	<p>24</p> <p>0900 Advance Body-CA 1130 Total Body-CA</p>	<p>25</p> <p>0900 Boxing Circuit-ZF</p>
<p>26</p> <p>1400 Zumba-MB</p>	<p>27</p> <p>1100 Pound-JC 1130 Total Body-CA 1730 Circuits-ZF Gun</p>	<p>28</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW 0800 HIIT-SW 1115 Indoor Cycling-JC 1630 Zumba-MB Gun 1730 Turbokick-ZF Gun</p>	<p>29</p> <p>0600 Cardio-SW 0900 Advance Body-CA 1100 Tabata-RH 1130 TotalBody-CA 1700 Zumba-MB 1800 Turbokick-ZF</p>	<p>30</p> <p>0500 RIOT-ZF Gun 0600 Strength-SW Gun 1130 Total Body-CA Gun</p>	<p>31</p> <p>0900 Advance Body-CA 1130 Total Body-CA</p>	
<p>1</p>	<p>2</p> <p>**FIP Classes**</p>	<p>NOTES:</p> <p>Instructors: SW Shelby; CA Coach Augy; MB Michelle; RH Rebecca; JC Jenny; ZF Zelva; PM Parish; VM Veronica</p> <p>** Schedules can be found on www.lifeatthemax.us**</p>				