

March

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SLIM AND TONE
Express Fitness & Weight Loss Studio

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 <u>8:30 am:</u> Yoga (30 mins) <u>6 pm:</u> Biggest Loser Boot Camp	2 <u>6 pm:</u> Pilates	3 <u>8:30 am:</u> Yoga (30 mins) <u>4:30 pm:</u> Yogalates	4 <u>6:30:</u> Yoga	5 <u>8:30 am:</u> Yoga (30 mins)	6
8 <u>8:30 am:</u> Yoga (30 mins) <u>6 pm:</u> Last Biggest Loser Boot Camp	9 <u>6 pm:</u> Pilates	10 <u>8:30 am:</u> Yoga (30 mins) <u>4:30 PM:</u> YOGALATES	11 <u>6:30:</u> Yoga	12 <u>8:30 am:</u> Yoga (30 mins)	13 Open House 12-3
15 <u>8:30 am:</u> Yoga (30 mins) <u>6 pm:</u> Kickbox Cardio	16 <u>6 pm:</u> Pilates	17 <u>8:30 am:</u> Yoga (30 mins) <u>4:30 pm:</u> Yogalates	18 <u>6:30:</u> Yoga	19 <u>8:30 am:</u> Yoga (30 mins)	20 Portraits
22 <u>8:30 am:</u> Yoga (30 mins) <u>6 pm:</u> Kickbox Cardio	23 <u>6 pm:</u> Pilates	24 <u>8:30 am:</u> Yoga (30 min) <u>4:30 pm:</u> Yogalates	25 <u>6:30:</u> Yoga	26 <u>8:30 am:</u> Yoga (30 mins)	27

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