

GROUP FITNESS CALENDAR
Fitness for Women, 5828-O Moon Road, Columbus, GA 31909 (706) 569-9333

March-10

www.ACFitnessForWomen.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- GEORGIA 5:00 PILATES - CATHY 6:00 BODY PUMP - GEORGIA 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 STEP- GEORGIA 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - LAUREN 6:00 STEP - LAUREN 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - KARI 5:00 ZUMBA - MICHELLE	9:00 BODYPUMP - CHRISTY 10:00 STEP - SIKES 11:00 YOGA - CASEY
7	8	9	10	11	12	13
2:00 ZUMBA - SHANTAY 3:00 ATTACK - DAWN	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- GEORGIA 5:00 PILATES - CATHY 6:00 BODY PUMP - SIKES 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - DEVINA	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - CHRISTINE	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 5:00 ZUMBA - MICHELLE	9:00 BODYPUMP - GERRI 10:00 BODY ATTACK - CHRISTINE 11:00 YOGA - DEVINA
14	15	16	17	18	19	20
2:00 ZUMBA - SHANTAY 3:00 STEP - LAUREN	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- GEORGIA 5:00 PILATES - CATHY 6:00 BODY PUMP - CHRISTINE 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - SIKES 7:00 YOGA - CASEY	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 STEP - GEORGIA 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - CARRIE 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - LAUREN 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - KARI 5:00 ZUMBA - MICHELLE	9:00 BODYPUMP - CHRISTY 10:00 STEP - LAUREN 11:00 YOGA - CASEY
21	22	23	24	25	26	27
2:00 ZUMBA - SHANTAY 3:00 ATTACK - MELISSA	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- GEORGIA 5:00 PILATES - CATHY 6:00 BODY PUMP - SIKES 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - SIKES 7:00 YOGA - DEVINA	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - CHRISTINE	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - GEORGIA 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - LISA 5:00 ZUMBA - MICHELLE	9:00 BODYPUMP - GERRI 10:00 BODY ATTACK - CHRISTINE NO YOGA TODAY
28	29	30	31			
2:00 ZUMBA - SHANTAY 3:00 STEP - GEORGIA	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- GEORGIA 5:00 PILATES - CATHY 6:00 BODY PUMP - SIKES 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - CASEY	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 STEP- GEORGIA 6:00 BODY PUMP - LAUREN			

CLASSES SUBJECT TO CHANGE

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