

Carmel Baptist Fitness Class Calendar – March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Join us in Worship 8:00, 9:30 or 11:00	2 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Total Strength and Core-Maria	3 9:15 Total Strength- Andrea	4 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	5 9:15 Tabata-Andrea	6 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt- Maria	7
8 Join us in Worship 8:00, 9:30 or 11:00	9 8:15 Total Strength- Maria 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	10 9:15 Total Strength- Andrea	11 8:15 Core Sculpt-Tracie 9:15 Cardio Dance/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	12 9:15 Tabata-Andrea	13 8:15 Core Sculpt-Tracie 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	14
15 Join us in Worship 8:00, 9:30 or 11:00	16 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	17 9:15 Total Strength- Andrea	18 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	19 9:15 Tabata-Andrea	20 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	21
22 Join us in Worship 8:00, 9:30 or 11:00	23 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	24 9:15 Total Strength- Andrea	25 8:15 Pilates-Eva 9:15 Cardio Dance /Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	26 9:15 Tabata-Andrea	27 8:15 Yoga-Eva 9:15 Total Strength- Maria 10:15 Beg/Intermediate Sculpt-Maria	28
29 Join us in Worship 8:00, 9:30 or 11:00	30 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	31 9:15 Total Strength- Andrea				