

MARCH 2017

Absolute Fitness

Class Calendar

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
5:30 am Body Sculpting/Spin Trisha	5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	1 5:30 am Body Sculpting/Spin Trisha	2 5:30 am Body Sculpting/Spin Trisha	3
6 5:30 am Body Sculpting/Spin Trisha	7 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	8 5:30 am Body Sculpting/Spin Trisha	9 5:30 am Body Sculpting/Spin Trisha	10
13 5:30 am Body Sculpting/Spin Trisha	14 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	15 5:30 am Body Sculpting/Spin Trisha	16 5:30 am Body Sculpting/Spin Trisha	17
20 5:30 am Body Sculpting/Spin Trisha	21 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	22 5:30 am Body Sculpting/Spin Trisha	23 5:30 am Body Sculpting/Spin Trisha	24
27 5:30 am Body Sculpting/Spin Trisha	28 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	29 5:30 am Body Sculpting/Spin Trisha	30 5:30 am Body Sculpting/Spin Trisha	31

Spin with Marty, Brenda and Trisha. You decide how hard you want to work! You have the potential to burn up to 750 calories in one 45minute class. No experience necessary