

WFL March 2020 Group Fitness Calendar

BODYPUMP~BODYFLOW~ZUMBA~YOGA





Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:00am YOGA 6:30p Boot Camp 7:00p BodyPump	3 9:30a Functional Fitness 6:30pm ZUMBA	4 5:30am BodyPump 9:30am Body Flow 6:30pm BodyFlow	5 8:00am Get on the Ball 6:30pm ZUMBA	6 6:30am Boot Camp 9:00am YOGA 10:00a Functional Fitness 6:30pm BodyFlow	7 8:15a BodyPump 9:20a Kickboxing
8 Daylight Saving Time Begins Spring Forward	9 8:00am YOGA 6:30p Boot Camp 7:00p BodyPump	10 9:30a Functional Fitness 6:30pm ZUMBA 	11 5:30am BodyPump 9:30am Body Flow 6:30pm BodyFlow	12 8:00am Get on the Ball 6:30pm ZUMBA	13 6:30am Boot Camp 9:00am YOGA 10:00a Functional Fitness 6:30pm BodyFlow	14 8:15a BodyPump 9:20a Kickboxing
15 EVERYBODY'S IRISH ON ST. PATRICK'S DAY 	16 8:00am YOGA 6:30p Boot Camp 7:00p BodyPump	17 9:30a Functional Fitness 6:30pm ZUMBA Happy St Paddy's Day !	18 5:30am BodyPump 9:30am Body Flow 6:30pm BodyFlow	19 8:00am Get on the Ball 6:30pm ZUMBA First Day of Spring	20 6:30am Boot Camp 9:00am YOGA 10:00a Functional Fitness 6:30pm BodyFlow	21 8:15a BodyPump 9:20a Kickboxing
22	23 8:00am YOGA 6:30p Boot Camp 7:00p BodyPump	24 9:30a Functional Fitness 6:30pm ZUMBA	25 5:30am BodyPump 9:30am Body Flow 6:30pm BodyFlow	26 8:00am Get on the Ball 6:30pm ZUMBA	27 6:30am Boot Camp 9:00am YOGA 10:00a Functional Fitness 6:30pm BodyFlow	28 8:15a BodyPump 9:20a Kickboxing
29	30 8:00am YOGA 6:30p Boot Camp 7:00p BodyPump	31 9:30a Functional Fitness 6:30pm ZUMBA	www.wflfitnesscenter.com Phone 301 498-6200		 Spring	

MARCH 2020 Group Fitness Calendar

CYCLING



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30pm Cycle w/Tim	3 5:30am Cycle w/Howard	4 8:00am Cycle w/Shelly 6:30pm Cycle w/Tim	5 5:30am Cycle w/Howard	6 8:00am Cycle w/Tim	7
8 Spring Forward ~ Daylight Saving Time	9 6:30pm Cycle w/Tim	10 5:30am Cycle w/Howard	11 8:00am Cycle w/Shelly 6:30pm Cycle w/Tim	12 5:30am Cycle w/Howard	13 8:00am Cycle w/Tim	14
15 	16 6:30pm Cycle w/Tim	17 5:30am Cycle w/Howard Happy St Paddy's Day	18 8:00am Cycle w/Shelly 6:30pm Cycle w/Tim	19 5:30am Cycle w/Howard First Day of Spring	20 8:00am Cycle w/Tim	28 
22	23 6:30pm Cycle w/Tim	24 5:30am Cycle w/Howard	25 8:00am Cycle w/Shelly 6:30pm Cycle w/Tim	26 5:30am Cycle w/Howard	27 8:00am Cycle w/Tim	28
29	30 6:30pm Cycle w/Tim	31 5:30am Cycle w/Howard	WELLNESS FOR LIFE Fitness Center YOUR PARTNERS IN HEALTH & FITNESS		