



	730am-815am		12pm-1245pm	1pm-145pm		630pm-715pm	730pm-815pm
2 Mar 2020 Monday	BLT		Circuit Training	Hatta Yoga		Flow Yoga	Circuit Training
3 Mar 2020 Tuesday						Muscle & Strength	BLT
4 Mar 2020 Wednesday						Core Workout	Muscle & Training
5 Mar 2020 Thursday	Circuit Training		Core Workout	Hatta Yoga		Flow Yoga	BLT
6 Mar 2020 Friday	Muscle & Strength		BLT	Flow Yoga		Hatta Yoga	Core Workout
9 Mar 2020 Monday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	Circuit Training
10 Mar 2020 Tuesday						Muscle & Strength	BLT
11 Mar 2020 Wednesday						Core Workout	Muscle & Strength
12 Mar 2020 Thursday	Circuit Training		Core Workout	Hatta Yoga		Flow Yoga	BLT
13 Mar 2020 Friday	Muscle & Strength		BLT	Flow Yoga		Hatta Yoga	Core Workout
16 Mar 2020 Monday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	Circuit Training
17 Mar 2020 Tuesday						Muscle & Strength	BLT
18 Mar 2020 Wednesday						Core Workout	Muscle & Strength
19 Mar 2020 Thursday	Circuit Training		Core Workout	Hatta Yoga		Flow Yoga	BLT
20 Mar 2020 Friday	Muscle & Strength		BLT	Flow Yoga		Hatta Yoga	Core Workout
23 Mar 2020 Monday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	Circuit Training
24 Mar 2020 Tuesday						Muscle & Strength	BLT
25 Mar 2020 Wednesday						Core Workout	Muscle & Strength
26 Mar 2020 Thursday	Circuit Training		Core Workout	Hatta Yoga		Flow Yoga	BLT
27 Mar 2020 Friday	Muscle & Strength		BLT	Flow Yoga		Hatta Yoga	Core Workout
30 Mar 2020 Monday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	Circuit Training
31 Mar 2020 Tuesday						Muscle & Strength	BLT