

# March

# THE STUDIO

| Su | Mo  | Tu   | We   | Th   | Fr   | Sa   |
|----|---|--|--|--|--|--|
|    |   |  | 1<br>6am Total Body Chisel<br>w/Meggin   | 2<br>8-9am Full Body<br>Conditioning*<br>w/Felicia<br><br>*MAKE-UP CLASS<br>for 2/23 | 3<br>5 50-6 50am MetkonRx<br>POWER HOUR<br>w/Meggin<br><br>8 30am Slow Down Yoga<br>w/Linda  | 4  |
| 5  | 6<br>6am Cardio & Core Strength<br>w/Meggin<br><br>8am Vinyasa Flow<br>w/Felicia<br><br>5 30-6 45pm Gentle Yoga<br>w/Felicia  | 7<br>6am MetkonRx EXPRESS<br>w/Meggin<br><br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia  | 8<br>6am Total Body Chisel<br>w/Meggin<br><br>8-9 15am Gentle Yoga<br>w/Felicia  | 9<br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia            | 10<br>5 50-6 50am MetkonRx<br>POWER HOUR<br>w/Meggin<br><br>8 30am Slow Down Yoga<br>w/Linda | 11<br>9 30am Yoga for<br>strength & flexibility<br>w/Missy |
| 12 | 13<br>6am Cardio & Core Strength<br>w/Meggin<br><br>8am Vinyasa Flow<br>w/Felicia<br><br>5 30-6 45pm Gentle Yoga<br>w/Felicia | 14<br>6am MetkonRx EXPRESS<br>w/Meggin<br><br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia | 15<br>6am Total Body Chisel<br>w/Meggin<br><br>8-9 15am Gentle Yoga<br>w/Felicia | 16<br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia           | 17<br>5 50-6 50am MetkonRx<br>POWER HOUR<br>w/Meggin<br><br>8 30am Slow Down Yoga<br>w/Linda | 18<br>9 30am Yoga for<br>strength & flexibility<br>w/Missy |
| 19 | 20<br>6am Cardio & Core Strength<br>w/Meggin<br><br>8am Vinyasa Flow<br>w/Felicia<br><br>5 30-6 45pm Gentle Yoga<br>w/Felicia | 21<br>6am MetkonRx EXPRESS<br>w/Meggin<br><br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia | 22<br>6am Total Body Chisel<br>w/Meggin<br><br>8-9 15am Gentle Yoga<br>w/Felicia | 23<br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia           | 24<br>5 50-6 50am MetkonRx<br>POWER HOUR<br>w/Meggin<br><br>8 30am Slow Down Yoga<br>w/Linda | 25<br>9 30am Yoga for<br>strength & flexibility<br>w/Missy |
| 26 | 27<br>6am Cardio & Core Strength<br>w/Meggin<br><br>8am Vinyasa Flow<br>w/Felicia<br><br>5 30-6 45pm Gentle Yoga<br>w/Felicia | 28<br>6am MetkonRx EXPRESS<br>w/Meggin<br><br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia | 29<br>6am Total Body Chisel<br>w/Meggin<br><br>8-9 15am Gentle Yoga<br>w/Felicia | 30<br>7am - GROUP WALK<br><br>8-9am Full Body<br>Conditioning<br>w/Felicia           | 31<br>5 50-6 50am MetkonRx<br>POWER HOUR<br>w/Meggin<br><br>8 30am Slow Down Yoga<br>w/Linda |  |