





## PALI MOMI MEDICAL CENTER MARCH 2020 FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 1	2	3	4	5	6	7
	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM  FITS/ZUMBA 6:00 – 7:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  FITS/Zumba 6:00 – 7:00 PM	
8	9	10	11	12	13	14
	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM  FITS/ZUMBA 6:00 – 7:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  FITS/Zumba 6:00 – 7:00 PM	
15	16	17	18	19	20	21
	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM  FITS/ZUMBA 6:00 – 7:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  FITS/Zumba 5:00 – 7:00 PM	WEIGHT STRENGTH BARBELL 7:30 – 8:30 AM
22	23	24	25	26	27	28
	BOOT CAMP EXPRESS 4:30 – 5:00 PM  WEIGHT STRENGTH BARBELL 5:00 – 6:00 PM  FITS/ZUMBA 6:00 – 7:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  FITS/Zumba 6:00 – 7:00 PM	WEIGHT STRENGTH BARBELL 7:30 – 8:30 AM
29	30	31	April 1	2	3	4
	BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP 5:00 – 6:00 PM  FITS/ZUMBA 6:00 – 7:00 PM	SUNRISE BOOT CAMP 5:00 -6:00 AM  BOOT CAMP EXPRESS 4:30 – 5:00 PM  BOOT CAMP & STRETCH 5:00 – 6:00 PM				