

The FIT Factory, Pickens- March 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10am AcroYoga- Kit
3	4 6:15pm Bootcamp- Katrina 7pm Yoga Flow- Tyler	5 5:15am Bootcamp- Fallon 7pm House Party Fitness- Leslie	6 7pm House Party Fitness- Fallon	7 5:15am Bootcamp- Jenny 5pm Yoga- Kit 6:15pm Total Body Blast- Katrina	8	9 10am AcroYoga- Kit
10	11 6:15pm KettleBell- Fallon 7pm Yoga Flow- Tyler	12 5:15am Bootcamp- Fallon 6pm Step/Sculpt- Jen 7pm Dance & Toning- Jennifer	13 6:30pm Kettle Bell AMPD- Nina	14 5:15am Bootcamp- Jenny 5pm Yoga- Kit 6:15pm House Party Fitness- Fallon	15	16 10am AcroYoga- Kit
17	18 6:15pm Bootcamp- Katrina 7pm Yoga Flow- Sandy	19 5:15am Bootcamp- Jenny 7pm House Party Fitness- Fallon	20 6pm POUND- Fallon/Sierra 7pm VIXEN- Fallon	21 5:15am Bootcamp- Katrina 5pm Yoga- Kit 6:15pm Total Body Blast- Katrina	22	23 10am AcroYoga- Kit
24	25 6:15pm KettleBell- Fallon 7pm Yoga Flow- Kit	26 5:15am Bootcamp- Jenny 7pm VIXEN- Fallon	27 6:30pm A Barre Above- Nina	28 5:15am Bootcamp- Fallon 5pm Yoga- Kit 6:15pm House Party Fitness- Fallon	29	30 10am AcroYoga- Kit
31	<i>We also offer personal training by our certified trainers! Contact us today for your free goal assessment!</i>	Spray tanning available! Email us for your appointment for a custom and beautiful tan!	Newbie Intro Pack: \$16 for 4 classes (2 week expiration)	Drop ins welcome. \$10 to drop in, \$65 for 10 classes.	Contact us or stop in to join as a monthly member for our best pricing!	