

# March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4 1130 Strength-SW Max 1730 HIIT-ZF Gun	5 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1130 Cardio-SW Gun 1630 Turbokick-ZFGun	6 0600 Cardio-SW Max 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	7 0500 RIOT-ZF Gun Strength-SW Max HIIT/Strength-KP Gun 1130 Cardio-SW Max 1645 Spin-VM Max	8 1130 Line Dancing-KP Max	9
10	11 1130 Strength-SW Max 1730 Circuits-ZF Max	12 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1130 Cardio-SW Gun 1630 Turbokick-ZFGun	13 0600 Cardio-SW Max 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	14 0500 RIOT-ZF Gun Strength-SW Max HIIT/Strength-KP Gun 1130 Cardio-SW Max 1645 Spin-VM Max	15 1130 Line Dancing-KP Max	16 0900 Boxing-ZF Max
17	18 1130 Strength-SW Max 1730 Circuits-ZF Max	19 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1130 Cardio-SW Gun 1630 Turbokick-ZFGun	20 0600 Cardio-SW Max 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	21 0500 RIOT-ZF Gun Strength-SW Max HIIT/Strength-KP Gun 1130 Cardio-SW Max 1645 Spin-VM Max	22 1130 Line Dancing-KP Max	23
24	25 1130 Strength-SW Max 1730 HIIT-ZF Max	26 0500 RIOT-ZFGun Strength-SW Max HIIT/Strength-KP Max 1130 Cardio-SW Gun 1630 Turbokick-ZFGun	27 0600 Cardio-SW Max 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	28 0500 RIOT-ZF Gun Strength-SW Max HIIT/Strength-KP Gun 1130 Cardio-SW Max 1645 Spin-VM Max	29 1130 Line Dancing-KP Max	30
31	1	<p><i>Notes</i>  <b>** FIP Classes**</b></p> <p>Instructors: SW - Shelby; MB - Michelle; RH - Rebecca;            ZF - Zelva; VM - Veronica; MA - Megan; KP - Kashina</p> <p><b>**Schedules can be found on <a href="http://www.lifeatthemax.us">www.lifeatthemax.us</a>**</b></p>				