

March 2020 Schedule

Bring Lots of Water, a Yoga Mat & a Great Attitude

Sunday Trainer's Choice Yoga 9:30am	Monday Back, Biceps & Battle Ropes	Tuesday LEG DAY	Wednesday Yoga 4:00pm White Boards	Thursday Chest, Triceps & Core	Friday Countdown Sets	Saturday LEG DAY
Happy 9 Year Anniversary to Fit N' Fine Fitness! Thank You All for Your Continue Commitment & Support! Take ADVANTAGE of Our SPECIAL! 10 Weeks Of Unlimited Group Classes for \$100!						
1 <i>SPECIAL Starts Today!</i> Morning Trainer's Choice 7:00am & 8:15am 9:30am Yoga	2 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	3 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	4 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm Yoga 5:15pm, 6:30pm, 7:45pm	5 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	6 Morning Classes 4:45am, 6:00am & 8:30am 6:15pm Bonus Class Tonight!	7 Morning Classes 6:00am, 7:15am, 8:30am
8 <i>Daylight Saving Begins</i> Morning Trainer's Choice 7:00am & 8:15am 9:30am Yoga	9 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	10 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	11 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm Yoga 5:15pm, 6:30pm, 7:45pm	12 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	13 Morning Classes 4:45am, 6:00am & 8:30am 6:15pm Bonus Class Tonight!	14 Morning Classes 6:00am, 7:15am, 8:30am <i>Happy 9 Year Anniversary to FNF!!!</i>
15 Morning Trainer's Choice 7:00am & 8:15am 9:30am Yoga	16 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	17 <i>Saint Patrick's Day</i> Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	18 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm Yoga 5:15pm, 6:30pm, 7:45pm	19 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	20 Morning Classes 4:45am, 6:00am & 8:30am 6:15pm Bonus Class Tonight!	21 Morning Classes 6:00am, 7:15am, 8:30am
22 Morning Trainer's Choice 7:00am & 8:15am 9:30am Yoga	23 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	24 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	25 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm Yoga 5:15pm, 6:30pm, 7:45pm	26 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	27 Morning Classes 4:45am, 6:00am & 8:30am 6:15pm Bonus Class Tonight!	28 Morning Classes 6:00am, 7:15am, 8:30am
29 Morning Trainer's Choice 7:00am & 8:15am 9:30am Yoga	30 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	31 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	10 Weeks of Unlimited Group Classes For \$100! SPECIAL is Offered March 1st – March 14th ! Max Purchase, 2 Packages.			

Courtney FnFF Training Mayra FnFF Training Tina FnFF Training Evelina FnFF Training Tara Cardio Kick Boxing Mary FnFF Training