


March 2018 dynamitepersonalfitness@gmail.com 902-877-2833

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
|  |  | <p>Legend – Sculpt = weighted workout Kick = kickboxing Interval = cardio and weights OR weights and body weighted exercises Ride= spin class Stretch n roll = yoga stretches and foam rolling</p> | <p>Charity Kaizer Certified PTS FIS Yoga YogaFitKids Children Fitness Coach Schwin Certified PN 1 FKCI2Master Trainer</p> | <p>1 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:30pm Sculpt 30** 8:00pm Women who lift</p> | <p>2 11:00am SculptSlide n balance 11:30am Metabolic Sculpt AABS</p> <p>12:15 RIDE 50</p> | <p>3 1 time a week for 6 weeks \$72 * more sessions for less Drop ins \$15hr Drop ins \$10 30 minutes</p> |
| <p>4 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location 1:30pm Women who lift 3pm RIDE 50 4:00pmTweeens FitCamp 45</p> | <p>5 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45</p> | <p>6 9:15am RIDE 45 10:15 am AABS 30 5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:30pm Interval Sculpt 30</p> | <p>7 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>7:30pm Ride 45</p> | <p>8 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:30pm Sculpt 30** 8:00pm Women who lift</p> | <p>9 No regularly scheduled classes</p>  | <p>10</p>  |
| <p>11 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location</p> <p>MARCH BREAK</p> | <p>12 MARCH BREAK 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45</p> | <p>13 MARCH BREAK</p>  <p>No day or night sessions</p> | <p>14 MARCH BREAK 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p>  <p>No evening sessions</p> | <p>15 MARCH BREAK</p>  <p>No daytime sessions 5:30pm Ride 45 6:30pm Sculpt 30 8:00pm Women who lift</p> | <p>16 MARCH BREAK 11:00am SculptSlide n balance 11:30am Metabolic Sculpt AABS</p> <p>12:15 RIDE 50</p> | <p>17 Classes at St Margaret's Centre Hammonds Plains School INDOOR CYCLING with stationary bikes</p> |
| <p>18 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location</p> <p>MARCH BREAK</p> | <p>19 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45</p> | <p>20 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:30pm Interval Sculpt 30</p> | <p>21 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>7:30pm Ride 45</p> | <p>22 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:30pm Sculpt 30 8:00pm Women who lift</p> | <p>23 11:00am SculptSlide n balance 11:30am Metabolic Sculpt AABS</p> <p>12:15 RIDE 50</p> | <p>24 Giant Steps French Village SUNDAYS 11 am</p>  |
| <p>25 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location 1:30pm Women who lift * new session 3pm RIDE 50 * new session 4:00pmTweeens FitCamp 45-</p> | <p>26 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p>  | <p>27 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:30pm Interval Sculpt 30</p> | <p>28 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>7:30pm Ride 45</p> | <p>29 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:30pm Sculpt 30 8:00pm Women who lift</p> | <p>30 GOOD FRIDAY NO CLASSES</p>  | <p>31</p>  |