

UBT STUDIO

13-Mar



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
	Interval Strength		Interval Strength			
	w/Brian		w/Brian			
	7:15-8:15 pm		7:15-8:15 pm			
	Main Gym		Main Gym			
10	11	12	13	14	15	16
	Zumba		Cardio Conditioning			
	w/MarCe		w.Jocelyn			
	7:15-8:15 pm		7:15-8:15 pm			
	Main Gym		Main Gym			
17	18	19	20	21	22	23
	Zumba		Cardio Conditioning			
	w/MarCe		w.Jocelyn			
	7:15-8:15 pm		7:15-8:15 pm			
	Main Gym		Main Gym			
24	25	26	27	28	29	30
	Cardio Conditioning		Zumba	visit our website		
	w.Jocelyn		w/BZ Fitness	www.ubtstudio.com		
	7:15-8:15 pm		7:15-8:15 pm	check out our blog		
	Main Gym		Main Gym	http://ubtfiercecardio.blogspot.com/		