

# 2025 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ARMS & CORE
2 LOWER BODY & LEGS	3 FULL BODY	4 ARMS & CORE	5 GLUTES & BACK	6 FULL BODY	7 ARMS & CORE	8 LOWER BODY & LEGS
9 FULL BODY	10 ARMS & CORE	11 GLUTES & BACK	12 FULL BODY	13 ARMS & CORE	14 LOWER BODY & LEGS	15 FULL BODY
16 ARMS & CORE	17 GLUTES & BACK	18 FULL BODY	19 ARMS & CORE	20 LOWER BODY & LEGS	21 FULL BODY	22 ARMS & CORE RECOVERY STRETCH CLASS MOBILITY (30 MIN)
23 GLUTES & BACK	24 FULL BODY	25 ARMS & CORE	26 LOWER BODY & LEGS	27 FULL BODY	28 ARMS & CORE	29 GLUTES & BACK
30 FULL BODY	31 ARMS & CORE					