



March 2018

Schedule is subject to change; changes/cancellations are announced at class and by email.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Spring into fitness at KPH! NEW Starting March 1st:</p> <ul style="list-style-type: none"> - BOSU Class at 5:15pm on Thursdays! Combination of Pilates, cardio, balance and strength. The BOSU ball adds a level of difficulty to almost any exercise you can think of. Check out this amazing total body workout! - Morning HIIT classes now 15 minutes earlier! 6:15-7:00am Tuesdays & Thursdays 				<p>1</p> <p>HIIT 6:15-7:00am YogaLates 9:00-10:00am</p> <p>BOSU 5:15-6:00pm Cardio-Core 6:15-7:00pm</p>	<p>2 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>3 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> Yoga 10:30-11:15</p> <p>Groove, Move & Soothe 11:15-11:45</p>
<p>4</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>5 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>6 HIIT 6:15-7:00am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>7 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>8</p> <p>HIIT 6:15-7:00am YogaLates 9:00-10:00am</p> <p>BOSU 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>9 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>10 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> Yoga 10:30-11:15</p> <p>Groove, Move & Soothe 11:15-11:45</p>
<p>11</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>12 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>13 HIIT 6:15-7:00am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>14 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>15</p> <p>HIIT 6:15-7:00am YogaLates 9:00-10:00am</p> <p>BOSU 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>16 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>17 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> Yoga 10:30-11:15</p> <p>Groove, Move & Soothe 11:15-11:45</p>
<p>18</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>19 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>20 HIIT 6:15-7:00am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>21 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>22</p> <p>HIIT 6:15-7:00am YogaLates 9:00-10:00am</p> <p>BOSU 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>23 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>24 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> Yoga 10:30-11:15</p> <p>Groove, Move & Soothe 11:15-11:45</p>
<p>25</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>26 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>27 HIIT 6:15-7:00am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>28 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>29</p> <p>HIIT 6:15-7:00am YogaLates 9:00-10:00am</p> <p>BOSU 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>30 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>31 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> Yoga 10:30-11:15</p> <p>Groove, Move & Soothe 11:15-11:45</p>