

THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

March Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 10:00 AM (60 Min) Restore Yoga – Rachel T.	2 8:00 AM (60 Min) Circuits - Marie	3 7:00 AM (60 Min) Circuits – Marie 8:00 AM (60 Min) Alignment Yoga - Jessica	4 8:00 AM (60 min) Core Sculpt - Jane	5 7:00 AM (60 min) Cross Circuits – Robin 8:00 AM (60 Min) Alignment Yoga - Jessica	6 7:00 AM (60 Min) Circuits – Marie	7 9:00 AM (60 Min) Stretch Yoga – Rachel T.
8 8:30 AM (60 Min) Circuits – Marie	9 8:00 AM (60 Min) Circuits - Marie	10 7:00 AM (60 Min) Circuits – Marie 8:00 AM (60 Min) Alignment Yoga - Jessica	11 8:00 AM (60 min) Core Sculpt - Jane	12 7:00 AM (60 min) Cross Circuits – Robin	13 8:00 AM (60 Min) Cardio Blast – Rachel 7:00 AM (60 Min) Circuits – Marie	14 9:00 AM (60 Min) Stretch Yoga – Rachel T.
15 8:30 AM (60 Min) Circuits – Marie 10:00 AM (60 Min) Restore Yoga – Rachel T.	16 7:00 AM (60 Min) Cardio Blast – Rachel 8:00 AM (60 Min) Circuits - Marie	17 7:00 AM (60 Min) Circuits – Marie 8:00 AM (60 Min) Alignment Yoga - Jessica	18 8:00 AM (60 min) Core Sculpt - Jane	19 7:00 AM (60 min) Cross Circuits – Robin 8:00 AM (60 min) Alignment Yoga – Jessica	20 8:00 AM (60 Min) Cardio Blast – Rachel 7:00 AM (60 Min) Circuits – Marie	21 8:00 AM (60 Min) Cardio Blast – Rachel
22 10:00 AM (60 Min) Restore Yoga – Rachel T.	23 7:00 AM (60 Min) Cardio Blast – Rachel 8:00 AM (60 Min) Circuits - Marie	24 7:00 AM (60 Min) Circuits – Marie 8:00 AM (60 Min) Alignment Yoga - Jessica	25 8:00 AM (60 min) Core Sculpt - Jane	26 7:00 AM (60 min) Cross Circuits – Robin 8:00 AM (60 min) Alignment Yoga – Jessica	27 8:00 AM (60 Min) Cardio Blast – Rachel 7:00 AM (60 Min) Circuits – Marie	28 9:00 AM (60 Min) Stretch Yoga – Rachel T.
29 8:30 AM (60 Min) Circuits – Marie	30 7:00 AM (60 Min) Cardio Blast – Rachel 8:00 AM (60 Min) Circuits - Marie	31 7:00 AM (60 Min) Circuits – Marie 8:00 AM (60 Min) Alignment Yoga - Jessica				