

THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

March Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 7:00am (60min) Body Circuit- Rachel 8:00am (60min) Relax Into Stretch -Daria 11:30am (60min) Water Fitness- Harlan	2 8:30am (60min) Body Sculpt- Katie
3 9:00am (60min) Body Weight Bootcamp -Rachel	4 7:15am (60min) Vinyasa-Kelly 8:15am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan 5:30pm (60min) Ballet Barre-Daria	5 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	6 7:45am (60min) Barre-Lates-Kelly 9:00am (60min) Focus on Flexibility-Harlan	7 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-Kelly 10:00 am (60min) Water Fitness- Harlan	8 7:00am (60min) Body Circuit- Rachel 8:00am (60min) Relax Into Stretch -Daria 11:30am (60min) Water Fitness- Harlan	9 8:30am (60min) Barre Sculpt- Katie
10 9:00am (60min) Body Weight Bootcamp -Rachel	11 7:15am (60min) Vinyasa-Daria 8:15am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	12 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	13 7:45am (60min) Barre-Lates-Daria 9:00am (60min) Focus on Flexibility-Harlan	14 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-Daria 10:00 am (60min) Water Fitness- Harlan	15 7:00am (60min) Body Circuit- Rachel 8:00am (60min) Relax Into Stretch -Daria 11:30am (60min) Water Fitness- Harlan	16 8:30am (60min) Body Sculpt- Katie
17 9:00am (60min) Body Weight Bootcamp -Rachel	18 7:15am (60min) Vinyasa-Daria 8:15am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	19 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	20 7:45am (60min) Barre-Lates-Daria 9:00am (60min) Focus on Flexibility-Harlan	21 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-Daria 10:00 am (60min) Water Fitness- Harlan	22 7:00am (60min) Body Circuit- Rachel 8:00am (60min) Relax Into Stretch -Daria 11:30am (60min) Water Fitness- Harlan	23 8:30am (60min) Body Sculpt- Katie
24 9:00am (60min) Body Weight Bootcamp -Rachel	25 7:15am (60min) Vinyasa-Daria 8:15am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	26 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) Body Sculpt-Katie 11:30am (60min) Water Fitness- Harlan	27 7:45am (60min) Barre-Lates-Daria 9:00am (60min) Focus on Flexibility-Harlan	28 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-Daria 10:00 am (60min) Water Fitness- Harlan	29 7:00am (60min) Body Circuit- Rachel 8:00am (60min) Relax Into Stretch -Daria 11:30am (60min) Water Fitness- Harlan	30 8:30am (60min) Body Sculpt- Katie
30 9:00am (60min) Body Weight Bootcamp -Rachel						