

Abs: Monday and Thursday Noon-1:00 p.m. ACC Fitness Center
 Yoga: Thursday 5:30 p.m.-7:00 p.m. Satula Avenue Training Room

March 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Abs	4	5	6 Abs Yoga	7	8
9	10 Abs	11	12	13 Abs Yoga	14	15
16	17 Abs	18	19	20 Abs Yoga	21	22
23	24 Abs	25	26	27 Abs (Last Day) Yoga (Last Day)	28	29
30	31					

