



MARCH

CONNOR MORAN FITNESS CLASS SCHEDULE
 One Main Street, Ste 101, Tequesta, FL 33469

561.427.0122

Hours of Operation: M-F 6 a.m.- 8 p.m.
 Sat./Sun. 8 a.m. - 2 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Happy St. Patrick's Day</p>			<p>1 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Zumba 6:30</p>	<p>2 Aero/STEP 9:30</p>	<p>3 Yoga 9:15 Diane</p>	<p>4 Yoga 9:15 Lisa</p>
<p>5 Pump & Tone 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>6 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Fitness Fusion 6:30</p>	<p>Member/Guest 7 Pilates Ball 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>8 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Zumba 6:30</p>	<p>9 Aero/STEP 9:30 Senior Fitness 10:45</p>	<p>10 Yoga 9:15 Ronn</p>	<p>11 Yoga 9:15 Lisa</p>
<p>12 Pump & Tone 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>13 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Fitness Fusion 6:30</p>	<p>14 Pilates Ball 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>15 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Zumba 6:30</p>	<p>16 Aero/STEP 9:30 Senior Fitness 10:45</p>	<p>17 Yoga 9:15 Diane</p>	<p>18 Yoga 9:15 Lisa</p>
<p>19 Pump & Tone 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane Shotokan Akido 7:00</p>	<p>20 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Fitness Fusion 6:30</p>	<p>21 Pilates Ball 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>22 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Zumba 6:30</p>	<p>23 Aero/STEP 9:30 Senior Fitness 10:45</p>	<p>24 Yoga 9:15 Ronn</p>	<p>25 Yoga 9:15 Lisa</p>
<p>26 Pump & Tone 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 SoToKhan Akido 7:00 Yoga 6:30 Diane</p>	<p>27 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Fitness Fusion 6:30</p>	<p>28 Pilates Ball 8:30 Aero/sculpt 9:30 SILVER SNEAKERS 10:45 Yoga 6:30 Diane SoToKhan Akido 7:00</p>	<p>29 Yoga 9:15 Ronn Shuhari-Kai Karate 6:00 Zumba 6:30</p>	<p>30 Aero/STEP 9:30 Senior Fitness 10:45</p>	<p>31 Yoga 9:15 Diane</p>	