

# March Class Schedule



## Morning HIIT (High Intensity Interval Training)

Instructor: Tracy Johnson

Days: Tuesdays and Thursdays

Time: 5:30 AM

## Beginner's Yoga

Instructor: Darbi Cook

Days: Tuesdays and Thursdays

Time: 5:30 PM

## Restorative Yoga

Instructor: Kathy White

Days: Wednesdays

Time: 5:30 PM