

February/March Weekend Rotations

Date	Day	Class	Time	Instructor
2/18/2023	Saturday	Rise & Grind	8am	Kristi T.
2/25/2023	Saturday	Rise & Grind	8am	Alison
3/4/2023	Saturday	Rise & Grind	8am	Alison
3/11/2023	Saturday	Rise & Grind	8am	Kristi T.
3/18/2023	Saturday	Rise & Grind	8am	Shamrock Shape Up (Ali/Sarah)
3/25/2023	Saturday	Rise & Grind	8am	Leanne - Cardio Drumming
4/1/2023	Saturday	Rise & Grind	8am	Alison