

BELLAMORPHOSIS MARCH SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	6 th Spouse Day!
5:30 am	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	8:30 Bosu Blast Karen
6:00 am	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	Morning Crunch Marilou	Morning Crunch Jane	9:30 Powertone Sharon
8:00 am	Washboard Abs Megan	Cycle Blast Marilou	Washboard Abs Megan	Cycle Blast Marilou	Washboard Abs Megan	10:30 Cycle & Cardio Blast Sharon
8:30 am	BOSU Cardio Challenge Karen	Powertone Marilou	Cycle & Cardio Blast Karen	Powertone Marilou	Step Sharon Cycle Karen	
9:30 am	Ultimate Conditioning Karen Strollercize Christina Golden Girls Club Beth	Xtreme Step Sharon	Chisel Megan Strollercize Christina Golden Girls Club Beth	Kickboxing Kelly	Kickboxing Debbe Jo Strollercize Christina Golden Girls Club Beth	
10:30 am	Step Heike	Aero Box Kelly	Kickboxing Marilou	Cycle & Cardio Blast Megan	Yoga Debbe Jo	
11:30 am	Lunch Crunch Cardio Heike	Lunch Crunch Abs Jane	Lunch Crunch Cardio Marilou	Lunch Crunch Cardio Jane	Lunch Crunch Cardio Marilou	
Noon	Lunch Crunch Heike	Lunch Crunch Cardio Jane	Lunch Crunch Tone Marilou	Lunch Crunch Abs Jane	Lunch Crunch Tone Marilou	
4:00 pm	BOSU Cardio Challenge Beth	Ultimate Conditioning Beth	Cycle & Cardio Blast Jane	Powertone Beth	Mix It Up Cardio Kelly	
5:00 pm	Powertone Beth	Cycle & Tone Beth	Yoga Lisa	Cycle & Cardio Blast Beth	Ultimate Conditioning & Abs Kelly	
6:00 pm	Cardio Dance Sharon	Powertone & Abs Beth	BOSU Cardio Karen	Powertone & Abs Beth		

***Classes are subject to change – Please check the board for updates**

We are offering a “reduced” schedule during the month of March while our expansion construction project is being finished. Pre-Natal classes as well as additional classes will return in April as soon as the project is completed. Thank you for your patience – We are excited to be able to offer even more in April!