

MARCH 2023

FITNESS CLASS SCHEDULE

MONDAY

HIIT.....6:00pm
Pilates.....7:00pm

TUESDAY

Zumba.....6:30pm

WEDNESDAY

Kick & Kore.....6:30pm

THURSDAY

Barre.....6:30pm
Yoga7:30pm
3.23 Wine and Yoga.....7:30pm

FRIDAY

Zumba6:30pm
Specials - GROUP Training
3.11 & 3.25.....10am

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---------------------|---------------------|--|--|---|--|
| | | | 1 Quizzo 8pm | 2 Steak Night 5pm-9pm | 3 Wing Night 5pm-9pm First Friday 9pm-1am | 4 March Madness Fitness Expo & Nutrition Seminar 11am |
| 5 Pancake Brunch 12pm-3pm Sunday Funday Specials | 6 Closed | 7 Closed | 8 Bingo 8pm | 9 Margarita Madness & Tacos 5pm-9pm Darts League 9:30pm | 10 Wing Night & Happy Hour 5pm-9pm | 11 St. Patrick's Day Karaoke Party DJ Kage 10pm-2am |
| 12 Brunch Menu 12pm-3pm Sunday Funday Specials | 13 Closed | 14 Closed | 15 Quizzo 8pm | 16 Stir Fry Night 5pm-9pm | 17 Wing Night 5pm-9pm St. Patrick's Day Party 10pm-2am DJ Quite Frankly | 18 Guinness Galore 10pm-2am |
| 19 Keg & Eggs St. Patrick's Day Brunch 12pm-3pm | 20 Closed | 21 Closed | 22 Rental Credit Bingo 8pm | 23 Margarita Madness & Tacos 5pm-9pm Name that Tune DJ Cruz 8pm | 24 Wing Night 5pm-9pm National Cocktail Day Specials 9pm-12am | 25 New Resident Night 10pm-2am DJ Cruz |
| 26 French Toast Brunch 12pm-3pm March Madness Manmosa Specials | 27 Closed | 28 Closed | 29 Quizzo 8pm | 30 Phillies First Game 4pm Roast Beef Sandwich Night 5pm-9pm | 31 Wing Night 5pm-9pm Mug Night 10pm-2am DJ Cruz | |