

KYA FITNESS MARCH 2017

Deanna Towns, Owner/CROSSFIT Level 1 Trainer 508-612-2164 fitbizkya@gmail.com

****ALL W.BOYLSTON classes at 127 Hartwell St, 1st floor, West Boylston****

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|------------------------------------|--|--|-------------|---|
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| 830-930a Metabolic Kettlebells "Big BEAST" | 800-900a Advanced Bodyweight Training | 600-645a Advanced Mini BEAST | 600-645a Yoga | 600-645a Advanced Burpee Burnout | | 800-845a NEW B2/H2 Breathless Burning Heavy Hot 845-915a NEW 6pack Core |
| | 530-615p Power Yoga & Core *NEW* 615-645p Technique Class: Squats, swings, lunges | 530-615p MetCon 15-pack | 530-600p Metabolic Kettlebells *NEW* 600-630p Restorative Yoga | 530-600p Tabata | Day of REST | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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Get these printable calendars for any dates you need with [CalendarsThatWork.com Full Access](https://CalendarsThatWork.com).