

KYA FITNESS MARCH 2017

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****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
830-930a Metabolic Kettlebells "Big BEAST"	600-645a 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 6 pack Core
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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://calendars-that-work.com).