



# GYMDOG FITNESS

## GORDON FITNESS CENTER



29607 Barnes Ave  
Fort Gordon, GA 30905

### MARCH CALENDAR OF SUB/ALTERNATE INSTRUC

**YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES**

MON	TUE	WED	THUR	FRI	SAT	S
		-		<u>1</u>	<u>2</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>3</u>
<u>4</u> 5:30 pm CYCLE–Joe 6:30 pm YOGA - Nancy	<u>5</u>	<u>6</u> 5:30 am CYCLE-Joanna 5:30 pm CYCLE–Joanna	<u>7</u> 5:30 pm BAR – Amber 6:30 pm YOGA- Grace	<u>8</u>	<u>9</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>10</u>
<u>11</u> 5:30 pm CYCLE–Jasmine 6:30 pm YOGA – Grace	<u>12</u>	<u>13</u> 5:30 am CYCLE-Angela 5:30 pm CYCLE–Joe	<u>14</u> 5:30 pm BAR – Ammie 6:30 pm YOGA- Nancy	<u>15</u>	<u>16</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>17</u>
<u>18</u> 9:30 am ZUMBA - Karen 5:30 pm CYCLE–Jasmine 5:30pmSTRONG-Michele 6:30 pm YOGA – Nancy	<u>19</u>	<u>20</u> 5:30 pm CYCLE–Joe	<u>21</u> 5:30 pm BAR – Amber 6:30 pm YOGA- Grace	<u>22</u> 9:30 am ZUMBA – Janice 4:30 pm ZUMBA - Anna	<u>23</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>24</u>
<u>25</u> 9:30 am ZUMBA-Naldine 5:30 pm CYCLE–Joe 6:30 pm YOGA – Grace	<u>26</u>	<u>27</u> 5:30 pm CYCLE–Joanna	<u>28</u> 5:30 pm BAR – Ammie 6:30 pm YOGA- Nancy	<u>29</u> 9:30 am ZUMBA - Janice	<u>30</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	