



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>2</u> 5:30 am CYCLE – Mona 5:30 pm CYCLE - Joe	<u>3</u> 5:30 am CYCLE - Dallas	<u>4</u>	<u>5</u> 5:30 pm BAR - Lisa	<u>6</u>	<u>7</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>8</u>
<u>9</u> 5:30 am CYCLE – Mona 5:30 pm CYCLE - Joe	<u>10</u> 5:30 am CYCLE - Terry	<u>11</u>	<u>12</u> 5:30 pm BAR - Amber	<u>13</u>	<u>14</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>15</u>
<u>16</u> <u>GYM CLOSED</u> NO CLASSES	<u>17</u> <u>GYM CLOSED</u> NO CLASSES	<u>18</u> <u>GYM CLOSED</u> NO CLASSES	<u>19</u> 5:30 pm BAR - Lisa	<u>20</u>	<u>21</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>22</u>
<u>23</u> 5:30 pm CYCLE - Joe	<u>24</u> 5:30 am CYCLE - Terry	<u>25</u>	<u>26</u> 5:30 pm BAR - Amber	<u>27</u>	<u>28</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>29</u>
<u>30</u> 5:30 pm CYCLE - Joe	<u>31</u> 5:30 am CYCLE - Dallas					