


MARCH 2020

www.dewittfitnessstudio.com | lindaparkinsongray@gmail.com | 517-256-8791 | [Try your first week free!](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:45 Dance Mixx 9:45 Spin45*	2 8:45 TBW45 4:45 Dance Mixx 6:00 POUND	3 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Spin45*	4 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	5 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	6 8:30 Dance Mixx 9:30 Bootcamp45	7 8:15 Fusion 9:15 Fusion
8 8:45 Dance Mixx 9:45 Spin45* 6:00 Yoga Peace \$10	9 8:45 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	10 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Spin45*	11 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	12 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga - CANCELLED	13 8:30 Dance Mixx 9:30 Bootcamp45	14 8:15 Fusion 9:15 Fusion
15 8:45 Dance Mixx 9:45 Spin45*	16 8:45 TBW45 4:45 Dance Mixx 6:00 POUND	17 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Spin45*	18 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	19 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	20 8:30 Dance Mixx 9:30 Bootcamp45	21 8:15 Fusion 9:15 Fusion
22 8:45 Dance Mixx 9:45 Spin45* 6:00 Yoga Peace \$10	23 8:45 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	24 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Spin45*	25 5:15 HIIT45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	26 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	27 8:30 Dance Mixx 9:30 Bootcamp45	28 8:15 Fusion 9:15 Fusion
29 8:45 Dance Mixx 9:45 Spin45*	30 8:45 TBW45 4:45 Dance Mixx 6:00 POUND	31 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Spin45*				

*Space is limited for spin classes. Reserve your spot by sending a DM to @DeWittFitnessStudio on Facebook!

For info on class offerings at the Conquest Fitness Bath location, please visit www.conquest-fitness.com & note additional fees for Yoga Peace (DeWitt) and Mind Body Symmetry (Bath) classes. For up-to-date information on class cancellations, please follow @DeWittFitnessStudio on Facebook. Class formats are subject to change without notice.