

MARCH 2010 Class Schedule

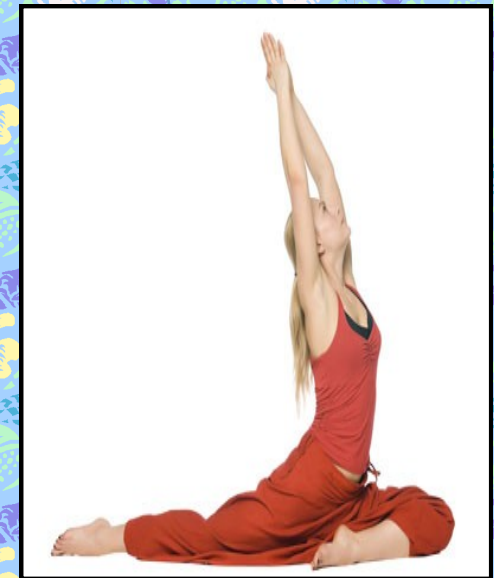


Spring Into Fitness!!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6pm Mat Pilates	2 530pm Mat Pilates	3	4	5	6 10am Yoga 11am Yoga & BeFitNOLA
7	8	9 530pm Mat Pilates	10	11	12	13 10am Yoga
14	15 6pm Mat Pilates	16	17	18	19	20 10am Yoga
21	22 6pm Mat Pilates	23 530pm Mat Pilates	24	25	26	27 10am Yoga
28	29 Spring Break!!! No Classes	30	31			

Sat March 6, Meet the creators of BeFitNola and join the Pound for Pound Challenge for charity!

www.befitnola.com



"hard body, strong mind, open spirit"