

March



2026

"March is where goals stop hibernating and strength starts blooming. Every rep, every drop of sweat, every early morning at *Forum Fitness Center* is planting the body you'll be proud of this spring. Show up. Push forward. Grow stronger."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 KEY: CLASS LOCATIONS BLUE = POOL PURPLE = STUDIO A RED = STUDIO B	2 8:30AM AEROBICS 6:00PM PILATES MAT 7:30PM YOGA	3 7:30AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM STRIKE & SCULPT 7:30PM YOGA	4 9:00AM BARRE 6:00PM ZUMBA 6:15PM AEROBICS 7:30PM DSKO	5 8:30AM STRENGTH 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM AQUA COMBAT	6 8:30AM AEROBICS 9:00AM YOGA 10:00AM PILATES MAT	7 9:30AM BODYSCULPT 10:45AM ZUMBA
8 GREEN WRITING = CLASS CANCELATIONS OR ANNOUNCEMENTS	9 8:30AM AEROBICS 6:00PM PILATES MAT 7:30PM YOGA	10 7:30AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM STRIKE & SCULPT 7:30PM YOGA	11 9:00AM BARRE 6:00PM ZUMBA 6:15PM AEROBICS 7:30PM DSKO	12 8:30AM STRENGTH 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM AQUA COMBAT	13 8:30AM AEROBICS 9:00AM YOGA 10:00AM PILATES MAT	14 9:30AM BODYSCULPT 10:45AM ZUMBA
15	16 8:30AM AEROBICS 6:00PM PILATES MAT 7:30PM YOGA	17 7:30AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM STRIKE & SCULPT 7:30PM YOGA	18 9:00AM BARRE 6:00PM ZUMBA 6:15PM AEROBICS 7:30PM DSKO	19 8:30AM STRENGTH 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM AQUA COMBAT	20 8:30AM AEROBICS 9:00AM YOGA 10:00AM PILATES MAT	21 9:30AM BODYSCULPT 10:45AM ZUMBA
22	23 8:30AM AEROBICS 6:00PM PILATES MAT 7:30PM YOGA	24 7:30AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM STRIKE & SCULPT 7:30PM YOGA	25 9:00AM BARRE 6:00PM ZUMBA 6:15PM AEROBICS 7:30PM DSKO	26 8:30AM STRENGTH 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM AQUA COMBAT	27 8:30AM AEROBICS 9:00AM YOGA 10:00AM PILATES MAT	28 9:30AM BODYSCULPT 10:45AM ZUMBA
29	30 8:30AM AEROBICS 6:00PM PILATES MAT 7:30PM YOGA	31 7:30AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM STRIKE & SCULPT 7:30PM YOGA				