




# March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.</p>	 5423 SW 7 <sup>th</sup> St				1 12:00pm POUND®	2
3 4:00pm Yoga	4 12:15pm Cardio Remix w/Michelle 5:30pm STRONG™	5 12:15pm Restorative Yoga 5:30pm Zumba®	6 5:30pm Cardio Kickboxing	7 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	8 12:00pm POUND®	9
10 Daylight Savings 4:00pm Yoga	11 12:00pm Cardio Remix 5:30pm Cardio Kickboxing w/Lisa	12 12:15pm Restorative Yoga 5:30pm Zumba®	13 5:30pm Cardio Sculpt	14 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	15 12:00pm POUND®	16
17 St. Patrick's Day 4:00pm Yoga	18 12:00pm Cardio Remix 5:30pm STRONG™	19 12:15pm Restorative Yoga w/Sarah 5:30pm Zumba®	20 5:30pm Cardio Sculpt	21 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	22 12:00pm POUND®	23
24 4:00pm Yoga	25 12:00pm Cardio Remix 5:30pm STRONG™	26 12:15pm Restorative Yoga 5:30pm Zumba®	27 5:30pm Cardio Sculpt	28 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	29 Good Friday 12:00pm POUND®	30
31 Easter NO CLASS						



Heat Up Topeka

[www.flocritkansas.org](http://www.flocritkansas.org)