

MARCH 2020



**YOGA, PILATES  
& BARRE**

**iNLeT's HOURS:**

**Monday – Thursday**

5:00AM – 9:30PM

**Friday**

5:00AM – 8:00PM

**Saturday**

7:00AM – 5:00PM

**Sunday**

7:00AM – 4:00PM

**CHILD CARE HOURS:**

**Monday – Thursday**

8:00AM – 1:00PM

**Monday – Thursday**

4:00PM – 7:00PM

**Friday**

8:00AM – 1:00PM

**Saturday & Sunday**

8:00AM – 12:00PM

(757)412-0600

[www.inletfitness.com](http://www.inletfitness.com)

**\*\*\*\*CLASS IS WEATHER  
DEPENDENT**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>10:30 BUTI – Millie 11:45 Flow – Maggie</p> <p><b>2:00 BARRE – Alison</b></p> <p>TRIBE TEAM TRAINING FREE TRIAL WEEK STARTS TOMORROW!</p>	<p><b>2</b></p> <p>7:10 Yoga- Meggie 10:40 Tone &amp; Stretch – Andrea</p>	<p><b>3</b></p> <p>7:10 Multi-Level – Maggie 9:35 BARRE- Andrea 10:45 Yoga 80 – Andrea 6:15 BARRE EXPRESS - Alison 7:05 Yin – Marian</p>	<p><b>4</b></p> <p>7:10 Yoga –Meggie 9:35 Tighten &amp; Tone – Andrea 10:40 Yin 80 - Andrea 4:45 Pilates 50– Amy A.</p>	<p><b>5</b></p> <p>7:10 Yin &amp; Meditation- Katie 8:30 Tighten &amp; Tone – Andrea 10:45 Yoga –Diane</p>	<p><b>6</b></p> <p>7:10 Yoga- Meggie 10:40 Yin – Katie</p>	<p><b>7</b></p> <p>10:30 Pilates - Alyce</p>
<p><b>8</b></p> <p><i>International Women's Day Event Join Katie, Millie, &amp; Maggie for a Dance Party &amp; Meditation 10:30-11:45</i></p> <p>11:45 Flow – NO CLASS</p>	<p><b>9</b></p> <p>7:10 Yoga- Meggie 10:40 Tone &amp; Stretch – Laurie</p> <p>TRIBE TEAM TRAINING SEASON 2 OF 2020 STARTS TODAY!!</p>	<p><b>10</b></p> <p>7:10 Multi-Level – Maggie 9:35 BARRE- Laurie 10:45 Yoga 80 – Andrea 6:15 BARRE EXPRESS - Alison 7:05 Yin – Marian</p>	<p><b>11</b></p> <p>7:10 Yoga –Meggie 9:35 Tighten &amp; Tone – Andrea 10:40 Yin 80 - Andrea 4:45 Pilates 50– Amy A.</p>	<p><b>12</b></p> <p>7:10 Yin &amp; Meditation- Katie 8:30 Tighten &amp; Tone – Keleigh 10:45 Yoga –Diane</p>	<p><b>13</b></p> <p>7:10 Yoga- Meggie 10:40 Yin – Katie</p>	<p><b>14</b></p> <p>10:30 Pilates - Alyce</p>
<p><b>15</b></p> <p>10:30 BUTI – Millie 11:45 Flow – Maggie</p> <p><b>2:00 BARRE - Andrea</b></p>	<p><b>16</b></p> <p>7:10 Yoga- Meggie 10:40 Tone &amp; Stretch –Laurie</p>	<p><b>17</b></p> <p>7:10 Multi-Level – Maggie 9:35 BARRE-Andrea 10:45 Yoga 80 – Andrea 6:15 BARRE EXPRESS - Alison 7:05 Yin – Marian</p>	<p><b>18</b></p> <p>7:10 Yoga –Meggie 9:35 Tighten &amp; Tone – Andrea 10:40 Yin 80 –Andrea 4:45 Pilates 50 –Amy A.</p>	<p><b>19</b></p> <p>7:10 Yin &amp; Meditation - Katie 8:30 Tighten &amp; Tone – Keleigh 10:45 Yoga –Diane</p>	<p><b>20</b></p> <p>7:10 Yoga- Meggie 10:40 Yin- Katie</p>	<p><b>21</b></p> <p>10:30 Tighten &amp; Tone - Andrea</p>
<p><b>22</b></p> <p>10:30 BARRE -Kim 11:45 Flow – Maggie</p>	<p><b>23</b></p> <p>7:10 Yoga- Meggie 10:40 Tone &amp; Stretch – Laurie</p>	<p><b>24</b></p> <p>7:10 Multi-Level – Maggie 9:35 BARRE-Laurie 10:45 Yoga 80- Andrea 6:15 BARRE EXPRESS - Alison 7:05 Yin – Marian</p>	<p><b>25</b></p> <p>7:10 Yoga –Meggie 9:35 Tighten &amp; Tone – Andrea 10:40 Yin 80 –Andrea 4:45 Pilates 50 –Amy A.</p>	<p><b>26</b></p> <p>7:10 Yin &amp; Meditation- Katie 8:30 Tighten &amp; Tone – Keleigh 10:45 Yoga –Diane</p>	<p><b>27</b></p> <p>7:10 Yoga- Meggie 10:40 Yin – Katie</p>	<p><b>28</b></p> <p>10:30 Pilates - Alyce</p>
<p><b>29</b></p> <p>10:30 BUTI - Millie 11:45 Flow – Maggie</p> <p><b>2:00 BARRE – Andrea</b></p>	<p><b>30</b></p> <p>7:10 Yoga- Meggie 10:40 Tone &amp; Stretch – Laurie</p>	<p><b>31</b></p> <p>7:10 Multi-Level – Maggie 9:35 BARRE-Andrea 10:45 Yoga 80 – Andrea 6:15 BARRE EXPRESS - Alison 7:05 Yin – Marian</p>		<p><b>TRIBE TEAM TRAINING Season 2 Begins 3/9!</b> Tribe Training is a 6 week progressive training program. We offer TribeFIT, TribeLIFE &amp; TribeCORE! *This program is open to non-members as well.</p>		<p><b>March 18<sup>th</sup>, 2000 iNLeT Fitness opened its doors!! HAPPY BIRTHDAY iNLeT Fitness!</b></p>