



KEEP IT TIGHT

FITNESS

5955 Deerfield Blvd • Mason, OH 45040 • 513-403-1959 • www.keepittightfitness.com

MARCH SCHEDULE:

MONDAY

4:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
6:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes

TUESDAY

6:00 a.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
5:00 p.m.	Tight Tummies	Melissa & Johnnie	25 minutes
5:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes

WEDNESDAY

4:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
6:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes

THURSDAY

6:00 a.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
5:00 p.m.	Tight Tummies	Melissa & Johnnie	25 minutes
5:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes

SATURDAY

9:00 a.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
10:15 a.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes

SUNDAY

1:30 p.m.	Bikini Bootcamp	Melissa & Johnnie	60 minutes
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IMPORTANT MARCH CLASS INFORMATION

Between March 22nd & March 27th, classes will be limited. Check below:

- Monday, March 22nd - 6:30 p.m. Class Only
- Tuesday, March 23rd - 5:00 & 5:30 Classes Only
- Wednesday, March 24th - 6:30 p.m. Class Only
- Thursday, March 25th - 5:00 & 5:30 Classes Only
- Saturday, March 27th - Closed