

# EKKLESIA F.I.T. @ KDA - GROUP FITNESS SCHEDULE



**FUN. INTENTIONAL.TOGETHER.**

March 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Reb3L Strength Hollie		W.O.W. Wednesdays		Strength & Stretch Kai	
7:00 AM						Drums Alive! Kai
9:00 AM		Zumba Kai		Muscle Conditioning Kai		
4:00 PM						
6:30 PM						

**DISCOUNT FOR KDA MEMEBERS!**

**PLEASE EMAIL:**

**[info@ekkleiafit.com](mailto:info@ekkleiafit.com)**

**Or visit : [ekkleiafit.com](http://ekkleiafit.com)**



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Classes held in purple room	Class held in green room				

TIME	SUNDAY
5:30 AM	
7:00 AM	
9:00 AM	
4:00 PM	
6:30 PM	

TIME	SUNDAY