

| | MARCH | Pacific Island Fitness Extreme Rx Class Schedule | | | | | | |
|--|--|--|--|---|--|-----------------------------------|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
| 6:00am | | Indoor Cycling Dayna | HiIT Strength Linda | Spin/ TRX Dayna | | | | |
| 7:00am | | | | | | Indoor Cycling Donna | Interval Cycling (730am) Keith | |
| 8:15am | Barre Conditioning Victoria | BOOT CAMP Joann | Barre Conditioning Cynthia | BOOT CAMP Joann | Zumba Naomi | Zumba Jason | YOGA Keith | |
| 9:30am | YOGA FLOW Carola | Hatha YOGA Kathryn | PILATES (On the Ball) Kyra | YOGA FLOW II Carola | PILATES Kyra | Restorative YOGA Carola | Pilates Mat Flow Cynthia | |
| 10:45am | SILVER&FIT: EXCEL Claire | Senior Circuit Ifa | SILVER&FIT: EXCEL Claire | SILVER&FIT: EXCEL Kyra | SILVER&FIT: EXPLORE Bill | | | |
| 4:00pm | Vinyasa Flow Melissa | Indoor Cycling Kalei | TOTAL BODY CONDITIONING Tina | Indoor Cycling (90 min) Kalei | Total Body Core (TRX) Tina | | | |
| 5:15pm | Cardio Kick Circuit Linda | Zumba Jason | Hatha & Flow Dhivya | | | | | |
| 6:30pm | | | | | | | | |
| Pacific Island Fitness Mon-Fri 5am-10pm Sat & Sun 6am-7pm 74-5583 Luhia St. B9 Kailua Kona, HI 96740 (808) 334-1977 | | | | | | | | |
| Instructors subject to change and or class cancellations in the event of illness or vacations. | | | | | | | | |