

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6pm What is A... VG	2	3 GFS Measure
4 GFS Measure	5 GFS Measure	6 GFS Measure	7	8	9	10 Opening Ceremony Seymour Intermediate 8am
11	12 9am GFlex - GF 10am Water Works GG 515pm Group Training - MMF 6pm Basketball - VG 6pm GFight PE 6pm Kickboxing/BJJ-KMAA 6pm Kickbox/Self Defence - GF 7-8:30 Beginner MMA-KMAA 7pm - CountryBeat - PE 7pm GFunk-GF - 1st come	13 6am - Muna - YMCA 8am - Gentle Yoga - GF 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 6:30 Processed Food-VG 7pm MUTU-GF	14 8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	15 6am - Muna - YMCA 8am - Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 615pm - Pound - YMCA 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	16 10am Water Works GG 12pm GFunk-GF 5pm ALine-GF 515pm Group Training - MMF 6pm Pilates-GF	17 9am GPower-GF 9:05 RPM-GG 10am Warrior Fitness - GF
18	19 9am GFlex - GF 10am Water Works GG 515pm Group Training - MMF 6pm Basketball - VG 6pm GFight PE 6pm Kickboxing/BJJ-KMAA 7-8:30 Beginner MMA-KMAA 7pm - CountryBeat - PE 7pm GFunk-GF - 1st come	20 6am - Muna - YMCA 8am - Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 7pm MUTU-GF	21 8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	22 6am - Muna - YMCA 8am - Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 615pm - Pound - YMCA 6pm Eat This Not That - VG 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	23 10am Water Works GG 12pm GFunk-GF 5pm ALine-GF 515pm Group Training - MMF 6pm Pilates-GF	24 9am GPower-GF 9:05 RPM-GG 10am Warrior Fitness - GF
25	26 8am Yoga - GF 10am Water Works GG 515pm Group Training - MMF 6pm Basketball - VG 6pm GFight PE 6pm Kickboxing/BJJ-KMAA 7-8:30 Beginner MMA-KMAA 7pm - ALine- PE 7pm GFunk-GF - 1st come	27 6am - Muna - YMCA 8am - Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 6:30pm What is GMO - VG 7pm MUTU-GF	28 8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	29 6am - Muna - YMCA 8am - Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 615pm - Pound - YMCA 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	30 10am Water Works GG 12pm GFunk-GF 5pm Country Beat-GF 515pm Group Training - MMF 6pm Pilates-GF	31 9am GPower-GF 9:05 RPM-GG 10am Warrior Fitness - GF
EASTER		GF - GFORCE FITNESS - 209 Chilhowee School Rd. Seymour GG - GOLDS GYM - 6510 Chapman Hwy KMAA - 4201 Martin Mill Pike Knoxville MMF - Marvel My Fitness - 4201 Martin Mill Pike, Knoxville PE - Prospect Elementary - 1535 Butnett Station Rd SIS - SEYMOUR INTERMEDIATE SCHOOL - 212 N Pitner Rd, Seymour VG - Valley Grove - 9000 Sevierville Pike, Knoxville (No Children Please) YMCA - 605 Clinch Ave, Knoxville			**Please note - there is a fee for child care at Golds Gym and KMAA. Children are not permitted at Valley Grove and are not allowed to roam or run around at SIS, Prospect, or Gforce Fitness. Thank you! Must have wristband for EVERY class 1st come/1st serve classes have limited space.	

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>NO CLASSES!</p> <p>Happy Easter!</p>	9am GFlex - GF 10am Water Works GG 515pm Group Training - MMF 6pm GFight PE 6pm Basketball - VG 6pm Kickboxing/BJJ-KMAA 6pm Basketball - VG 7-8:30 Beginner MMA-KMAA 7pm - ALine - PE 7pm GFunk-GF - 1st come	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 7pm MUTU-GF	8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 6pm Diabetes-Your Life - VG 6:15pm - Pound - YMCA 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	10am Water Works GG 12pm GFunk-GF 5pm CountryBeat-GF 515pm Group Training - MMF 6pm Pilates-GF	9am GPower-GF 9:05 RPM-GG 10am Warrior Fitness - GF
8	9	10	11	12	13	14
2pm Tabata GF	9am GFlex - GF 10am Water Works GG 515pm Group Training - MMF 6pm GFight PE 6pm Basketball - VG 6pm Kickboxing/BJJ-KMAA 6pm Basketball - VG 7-8:30 Beginner MMA-KMAA 7pm - ALine - PE 7pm GFunk-GF - 1st come	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 6pm Quick & Easy Eats - VG 7pm MUTU-GF	8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 6:15pm - Pound - YMCA 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	10am Water Works GG 12pm GFunk-GF 5pm CountryBeat-GF 515pm Group Training - MMF 6pm Pilates-GF	9am GPower-GF 9:05 RPM-GG 10am Warrior Fitness - GF
15	16	17	18	19	20	21
2pm Tabata GF	9am GFlex - GF 10am Water Works GG 515pm Group Training - MMF 6pm GFight PE 6pm Basketball - VG 6pm Kickboxing/BJJ-KMAA 6pm Basketball - VG 7-8:30 Beginner MMA-KMAA 7pm - ALine - PE 7pm GFunk-GF - 1st come	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF NOON - Yoga - YMCA 5pm Break Basics-GF 515pm Group Training - MMF 6pm Kettlebell-GF - 1st come 7pm MUTU-GF	8am - Warrior Fitness-GF 1pm - Pound - YMCA 4:30pm Total Body-GF 515pm Group Training - MMF 5:30pm - Yoga - YMCA 6pm - Step - GF 1st come 6:15pm GFunk - SIS 7pm Basketball - SIS	6am - Muna - YMCA 8am Gentle Yoga - GF 9am Kickboxing Fitness - MMF 930am - Tai Chi - YMCA 1pm - HipHop - YMCA 515pm Group Training - MMF 6pm Spin-GG 6pm Kickboxing/BJJ-KMAA 6pm GPower-GF - 1st come 6:15pm - Pound - YMCA 7pm GFlex-GF 7-8:30 Beginner MMA-KMAA	10am Water Works GG 12pm GFunk-GF 5pm CountryBeat-GF 515pm Group Training - MMF 6pm Pilates-GF	<p>Closing Ceromony 8am</p> <p>Seymour Intermediate</p>
22	23	24	25	26	27	28
29	30	31				
		GF - GFORCE FITNESS - 209 Chilhowee School Rd. Seymour GG - GOLDS GYM - 6510 Chapman Hwy KMAA - 4201 Martin Mill Pike Knoxville MMF - Marvel My Fitness - 4201 Martin Mill Pike, Knoxville PE - Prospect Elementary - 1535 Butnett Station Rd SIS - SEYMOUR INTERMEDIATE SCHOOL - 212 N Pitner Rd, Seymour VG - Valley Grove - 9000 Sevierville Pike, Knoxville (No Children Please) YMCA - 605 Clinch Ave, Knoxville			**Please note - there is a fee for child care at Golds Gym and KMAA. Children are not permitted at Valley Grove and are not allowed to roam or run around at SIS, Prospect, or Gforce Fitness. Thank you! Must have wristband for EVERY class 1st come/1st serve classes have limited space.	