

Free!

FITNESS

in the

PARK

4th March – 29th March 2019
12:30 PM – 1:15 PM



MONDAYS

ZUMBA

Inspired Fitness
4th, 11th, 18th & 25th
March
Location: Victoria Park

TUESDAYS

CARDIO KICKBOXING

Longevity Athletics
Bermuda (LAB)
5th, 12th, 19th & 26th
March
Location: Victoria Park

WEDNESDAYS

CORE DE FORCE

The Athletic Club
6th & 13th March
Location: Victoria Park

BRAZILIAN BUTT

The Athletic Club
20th & 27th March
Location: Victoria Park

THURSDAYS

STRONG by Zumba®

BodyFit Bda Ltd.
7th, 14th & 21st March
Location: Victoria Park

FRIDAYS

CROSSFIT

CrossFit Bermuda
8th, 15th, 22nd & 29th
March
Location: Victoria Park

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