



The King UnGala

Fitness Classes

MONDAY, MARCH 8 AT 9AM
TABATA AND PRIMAL STRETCH

TUESDAY, MARCH 9 AT 12PM
PULSE PILATES

WEDNESDAY, MARCH 10 AT 9AM
BARRE BURN

THURSDAY, MARCH 11 AT 12PM
ZUMBA DANCE FITNESS

NO EQUIPMENT NEEDED AND ALL FITNESS LEVELS WELCOME! VISIT [KINGSCHOOLCT.ORG/UNGALA](https://www.kingschoolct.org/ungala) TO REGISTER.