

# MARCH 2026 @



Visit [knrec.org](http://knrec.org) for all event information and registrations

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>SPIN 12:15 - 12:45 pm</u>	3 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	4 <u>SPIN 12:15 - 12:45 pm</u>	5 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HITT 5:15 - 6:15 pm</u>	6	7
8	9 <u>SPIN 12:15 - 12:45 pm</u>	10 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	11 <u>SPIN 12:15 - 12:45 pm</u>	12 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HITT 5:15 - 6:15 pm</u>	13	14
15 <u>Men's Basketball</u> <u>League</u>	16 <u>SPIN 12:15 - 12:45 pm</u>	17 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	18 <u>SPIN 12:15 - 12:45 pm</u>	19 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HITT 5:15 - 6:15 pm</u>	20 <b>1st thru 9th Grade</b> <b>Baseball/Softball</b> <b>Registration</b> <b>Deadline</b>	21 <u>Flag Football Games</u>
22 <u>Men's Basketball</u> <u>League</u>	23 <u>SPIN 12:15 - 12:45 pm</u>	24 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	25 <u>SPIN 12:15 - 12:45 pm</u> <u>Spring Volleyball Skills</u> <u>Development Camp @</u> <u>KES 6:00 - 7:30 pm</u>	26 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HITT 5:15 - 6:15 pm</u>	27	28 <u>Flag Football Games</u>
29 <u>Pre-3rd Easter Egg Hunt</u> <u>@ 2pm Riverside Park</u> <u>Men's Basketball</u> <u>League</u>	30 <u>SPIN 12:15 - 12:45 pm</u>	31 <u>PERSONAL TRAINING</u> <u>W/KAILYN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>				