



FITNESS CLASS SCHEDULE

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30am: Yoga Flow 9:35am: Stretch/ Tone 10:30am: Aquacise	2 8:30am: Body Sculpt 10am: Multi-Level Yoga	3 6:30am: Vinyasa 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	4 7:30am: Body Blast
5 8:30am: p90x	6 6:30am: Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	7 8:30am: Body Blast 10am: Gentle Yoga	8 8:30am: Yoga Flow 9:35am: Stretch/ Tone 10:30am: Aquacise	9 8:30am: Body Sculpt 10am: Multi-Level Yoga	10 6:30am: Vinyasa 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	11 7:30am: Body Blast 8:45am Vinyasa
12 8:30am: p90x 5:00pm: Vinyasa	13 6:30am: Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	14 8:30am: Body Blast 10am: Gentle Yoga	15 8:30am: Yoga Flow 9:35am: Stretch/ Tone 10:30am: Aquacise	16 8:30am: Body Sculpt 10am: Multi-Level Yoga	17 6:30am: Vinyasa 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	18 7:30am: Body Blast 8:45am Vinyasa
19 8:30am: p90x 5:00pm: Vinyasa	20 6:30am: Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	21 8:30am: Body Blast 10am: Gentle Yoga	22 NO YOGA 9:35am: Stretch/ Tone 10:30am: Aquacise	23 8:30am: Body Sculpt 10am: Multi-Level Yoga	24 6:30am: Vinyasa 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	25 7:30am: Body Blast 8:45am Vinyasa
26 8:30am: p90x 5:00pm: Vinyasa	27 6:30am: Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	28 8:30am: Body Blast 10am: Gentle Yoga				