



Group Fitness schedule **FEBRUARY**

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:15am Circuit Training	6:00am Body Pump		6:00am Body Pump	6:00am Cycle	8:30am Body Pump
PM	5:45pm Body Pump **NEW TIME!!	6:00pm Body Attack	6:00pm Body Pump	6:00pm Body combat		9:45am YOGA

Fit for Life 24

				7:00 pm Yogatuneup		
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