



Group Fitness Classes - February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:30a-7 Grit Athletic - Rachael 8:30a-9:30 Zumba - Bobby 4:30p-5:30 Yoga - Canceled 5:30p-6:30 Cycling - Heather 7:00p-8:00 Hip Hop - Canceled	2 New Floor Day!! No Regularly Scheduled Classes	3 New Floor Day!! No Regularly Scheduled Classes	4 New Floor Day!! No Regularly Scheduled Classes
5 <i>No Classes</i>	6 8:30a-9:30 BodyPump - Rachael 9:30a-10:30 Yoga - Hannah 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling - Stephanie Barre - Hannah 6:30p-7:30 Zumba - Chanel	7 8:00a-8:30 Grit Strength - Bobby 5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	8 6:30a-7 Grit Athletic - Rachael 8:30a-9:30 Zumba - Bobby 4:30p-5:30 Yoga-Canceled 5:30p-6:30 Cycling - Heather 7:00p-8:00 Hip Hop - Stephanie	9 8:30a-9:30 BodyPump - Lisa 5:30p-6:30 Stretch&Mobility-Raven	10 8:30a-9:30 BodyCombat - Lisa 9:30a-10:30 Zumba - Yajaira	11 8:30a-9:30 BodyPump - Lori 9:30a-10:30 Cycling - Chaylene

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 <i>No Classes</i>	13 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Hannah 4:30p-5:30 Stretch&Mobility-Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	14 8:00a-8:30 Grit Strength – Bobby 4:30p-5:30p Yoga-Hannah 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Hannah	15 6:30a-7 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 5:30p-6:30 Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	16 8:30a-9:30 BodyPump – Lisa 5:30p-6:30 Stretch&Mobility-Raven	17 8:30a-9:30 BodyCombat – Lisa 9:30a-10:30 Zumba - Yajaira	18 8:30a-9:30 BodyPump - Bobby 9:30a-10:30 Cycling - Chaylene
19 <i>No Classes</i>	20 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Hannah 4:30p-5:30 Stretch&Mobility-Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	21 8:00a-8:30 Grit Strength – Bobby 4:30p-5:30p Yoga-Hannah 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	22 6:30a-7 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 5:30p-6:30 Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	23 8:30a-9:30 BodyPump – Bobby 5:30p-6:30 Stretch&Mobility-Raven	24 8:30a-9:30 BodyCombat-Ashley 9:30a-10:30 Zumba - Yajaira	25 8:30a-9:30 BodyPump - Bobby 9:30a-10:30 Cycling - Chaylene
26 <i>No Classes</i>	27 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Hannah 4:30p-5:30 Stretch&Mobility-Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	28 8:00a-8:30 Grit Strength – Bobby 4:30p-5:30p Yoga-Hannah 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley				









