



Group Fitness Classes - February

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
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 - Hannah 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

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