

February 2020

*** MUST be signed up online to attend class**

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:30 Eric HITT TB 5:30 Trey HITT LB 6:00 Trey CORE BLAST 6:30 Trey HITT LB	4 9:30 Eric BOOTCAMP 5:30 Liz HITT UB 6:00 Liz CORE BLAST 6:30 Liz HITT UB	5 9:30 Eric HIIT LB 5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	6 9:30 Eric HIIT UB 5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB	7 9:30 Eric <i>Feel the Burn</i>	8 9:30 Trey <i>Weekend Warrior</i>
10 9:30 Eric BOOTCAMP 5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	11 9:30 Danielle HITT TB 5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB	12 9:30 Eric HIIT UB 5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB	13 9:30 Danielle HIIT LB 5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP	14 9:30 Danielle <i>Feel the Burn</i>	15 9:30 Brian BOOTCAMP
17 9:30 Eric HIIT TB 5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	18 9:30 Danielle HIIT UB 5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	19 9:30 Eric BOOTCAMP 5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	20 9:30 Danielle HIIT LB 5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB	21 9:30 Eric <i>Feel The Burn</i>	22 9:30 Trey <i>Weekend Warrior</i>
24 9:30 Eric HIIT UB 5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	25 9:30 Danielle BOOTCAMP 5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	26 9:30 Eric HIIT TB 5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB	27 9:30 Danielle HIIT LB 5:30 Liz HITT TB 6:00 Liz CORE BLAST 6:30 Liz HITT TB	28 9:30 Eric <i>Feel The Burn</i>	29 9:30 Brian BOOTCAMP

