



# 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 <b>**NEW TIME!!</b>	6:00pm Body Attack	6:00pm Body Pump	6:00pm Body combat		9:45am YOGA

# Fit for Life 24

				<b>7:00 pm</b> Yogatuneup		
--	--	--	--	------------------------------	--	--