



# FEBRUARY 2023 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15 AM</b> <b>CIRCUIT</b> <b>TRAINING</b> <b>W/TRISHA</b>	<b>6:00 AM</b> <b>BODY PUMP</b> <b>W/ TAMEKA</b>  <b>5:00PM</b> <b>YOGA W/JILL</b>	<b>12 NOON</b> <b>YOGA SCULPT</b> <b>w/BRANDI</b>	<b>6:00 AM</b> <b>BODY PUMP</b> <b>W/ TRISHA</b>  <b>5:00 PM</b> <b>YOGA W/ JILL</b>	<b>6:00 AM</b> <b>CYCLE</b> <b>W/ TAMEKA</b>	<b>8:30 AM</b> <b>BODYPUMP</b> <b>W/ TAMEKA</b>
<b>6:00 PM</b> <b>BODY ATTACK</b> <b>W/ DENISSE</b>	<b>6:00 PM</b> <b>ZUMBA</b> <b>W/YVONNE</b>	<b>6:00 PM</b> <b>BODY PUMP</b> <b>W/ TRACEY</b>	<b>6:00 PM</b> <b>BODY COMBAT</b> <b>W/ JOEL&amp;</b>	<b>5:30</b> <b>BODY PUMP</b> <b>W/JENN OR TAMEKA</b>	





