FEBRUARY FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	PiYo 5:00 - 6:00 AM Monica		PiYo 5:00 - 6:00 AM Monica	PiYo 5:00 - 6:00 AM Monica		
SPIN 5AM-5:45AM Jessica	Spin 8:30 - 9:00 AM Joanna	SPIN 5AM-5:45AM Jessica	Spin 8:30 - 9:00 AM Joanna	Interval Training 8AM-8:50AM Jessica		
Interval Training 6AM - 6:45AM Jessica	Yoga Pilates Fusion 9:05 - 9:35 AM Joanna	Interval Training 6AM - 6:45AM Jessica	Yoga Pilates Fusion 9:05 - 9:35 AM Joanna	Yoga Bliss 9am-10am Dedra		
BodyWorks 8:30 - 9:30 AM Joanna	Fun and Fit 9:45 - 10:15 AM Joanna	BodyWorks 8:30 - 9:30 AM Joanna	Fun and Fit 9:45 - 10:15 AM Joanna		Zumba 9:00 - 10:00 AM Kisha	
Spin 9:45 - 10:15 AM Joanna		Spin 9:45 - 10:15 AM Joanna			PiYo 10:15 - 11:15 AM Monica	
Joy of Yoga 10:00 - 11:00 AM Sonia	Joy of Yoga 10:30 - 11:30am Jessica	Joy of Yoga 10:00 - 11:00 AM Sonia	Joy of Yoga 10:30 - 11:30am Jessica		Boot Camp 11:20 - 12:05 PM Kamille	Zumba 1:30 - 2:30 PM Codi
Zumba Gold 11:15 AM - 12:15 PM Codi		Zumba Gold 11:15 AM - 12:15 PM Codi				Joy of Yoga 3:00 - 4:00 PM Cara
Core Crunch 5:15 - 5:45 PM Gina	Cardio Strength 6:00 - 7:00 PM Gina	Core Crunch 5:15 - 5:45 PM Gina	Cardio Strength 6:00 - 7:00 PM Gina	$ Pure Yoga $ 6:30 - 7:30 PM Cara		
$ Yoga for Everyone $ 6:00 - 7:00 PM Angela	Zumba 7:15 - 8:15 PM Codi	$ Yoga for Everyone $ 6:00 - 7:00 PM Angela	Strength and PiYo 7:15 - 8:15 PM Monica			
Boot Camp 7:15 - 8PM Kamille		Zumba 6:00 - 7:00 PM Codi				
		Boot Camp 7:15 - 8 PM Kamille				
Ballet Barre 8:05 - 8:50 PM Patricia		Ballet Barre 8:05 - 8:50 PM Patricia				

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