

February

Body Pump-Maria								Lunch Time Circuit Training		Hip Hop Dance- Cindy			
Vinyassa Yoga-Amy								Tabatta/Circuit B.C. - Kimberly					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
31		28		30		31		1		2		3	
				L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		1000 Hip Hop Dance			
										L.C.T. - 1130-1330			
										1700-Well-Beats			
4		5		6		7		8		9		10	
		L.C.T. - 1130-1330		0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
								L.C.T. - 1130-1330					
				1700-Well-Beats		1700-Well-Beats		1700-Well-Beats		1730 Vinyassa Yoga			
11		12		13		14		15		Training Holiday 0800-2000 16		17	
		L.C.T. - 1130-1330		0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
								L.C.T. - 1130-1330					
				1700-Well-Beats		1700-Well-Beats		1700-Well-Beats		1730 Vinyassa Yoga			
18		Federal Holiday 0800-1600 19		20		21		22		23		24	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
								L.C.T. - 1130-1330					
				1700-Well-Beats		1700-Well-Beats		1730 Vinyassa Yoga		1700-Well-Beats			
25		26		27		28		1		2		3	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
								L.C.T. - 1130-1330					
				1700-Well-Beats		1700-Well-Beats		1700-Well-Beats		1730 Vinyassa Yoga			
												All classes are \$4 each.	
												Coupon Books available for all classes	
													
												Personal Trainers are here, Book with staff now.	



Classes times and dates are subject to change!