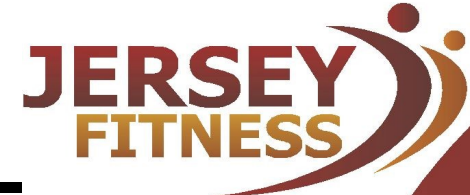




February 2019

Group Exercise Schedule



Mon	Tue	Wed	Thu	Fri	Sat	
				<p>1 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>2 9:00AM Kardio Karate Chrissy 10:30AM YOGA BILL</p>	
<p>3 10:00AM BUTI YOGA Amanda</p>	<p>4 9:15AM INTERVAL TRAINING 101 MAURA 10:30AM Yoga Rachel 5:30PM ZUMBA Chrissy 6:30PM KARDIO KARATE CHRISSY</p>	<p>5 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>6 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina</p>	<p>7 9:15AM Interval Core Amanda 4:30PM Step IT Up Chrissy 5:30PM Cardio sculpt Tara 6:45PM Yoga Bill</p>	<p>8 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Chrissy</p>	<p>9 9:00AM Cardio Sculpt Tara Powell 10:30AM Yoga BILL</p>
<p>10 10:00AM BUTI YOGA Amanda</p>	<p>11 9:15AM Interval Training 101 Maura 10:30AM Yoga Rachel 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy</p>	<p>12 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara</p>	<p>13 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina</p>	<p>14 9:15AM Interval Core Amanda 4:30PM Buti Yoga Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga BILL</p>	<p>15 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>16 9:00AM Instructors Choice Chrissy 10:30AM Yoga Bill</p>
<p>17 10:00AM BARRE Colleen</p>	<p>18 9:15AM Interval Train101Maura 10:30AM Yoga Rachel 5:30PM ZUMBA Alaina 6:30PM KARDIO KARATE CHRISSY</p>	<p>19 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>20 9:15AM Circuit Training MAURA 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>21 9:15AM Interval Core Amanda 4:30PM Burti Yoga Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga BILL</p>	<p>22 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>23 9:00AM Piloxing Tara Powell 10:30AM Yoga Bill</p>
<p>24 10:00AM BARRE Colleen</p>	<p>25 9:15AM Interval Training 101 Amanda 10:30AM YOGA RACHEL 5:30PM ZUMBA Alaina 6:30PM KARDIO KARATE CHRISSY</p>	<p>26 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>27 9:15AM Circuit Training TBA 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>28 9:15AM Interval Core Amanda 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt TARA 6:45PM Yoga BILL</p>		