





February 2018

Group Exercise Schedule



Mon	Tue	Wed	Thu	Fri	Sat	
	Buti yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.					
	Questions/Comments/Concerns:					
			1 ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Maura 6:45PM Yoga	2 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy	3 9:00AM HIIT Chrissy 10:15AM Yoga	
4 10:00AM Buti Yoga Amanda	5 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate No Class	6 9:15AM XTRAIN No Class 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	7 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM Pump N Pedal Tara Powell 6:30PM ZUMBA Alaina	8 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	9 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy	10 9:00AM Piloxing Tara Powell PILOXING 10:15AM Yoga
11 10:00AM Buti Yoga Amanda	12 9:15AM Interval Training 101 Amanda 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	13 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	14 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	 15 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	16 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina	17 9:00AM HIIT Chrissy 10:15AM Yoga
18 10:00AM Buti Yoga No Class	19 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy	20 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA no Class 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	21 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	22 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA No Class 5:30PM Cardio Sculpt Tara 6:45PM Yoga	23 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy	24 10:15AM Yoga 12:00PM-2:00PM Zumbathon Sam/ Various Instructors \$15 Quinton Drama Club
25 10:00AM Buti Yoga Amanda	26 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Alaina	27 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	 28 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy			
					Schedule and Instructors subject to change	