

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:45am TRX Circuit 45 Rotha 5pm Yoga 60 Laura 5:30pm Circuit 30 Tasha 6pm KickBoxing 45 Tasha	2 5:45am Cardio Madness 45 Thomas 5:45am Yoga 45 Laura 6pm 3-2-1 30 Rotha	3 8am Xtreme Fitness 45min Rotha 9am Yoga 60min Dina 9:30am 10K Training
4	5 5:45am Circuit 45 Tasha 4pm Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Circuit 45 Rotha	6 5:45am TABATA 45 Rotha 5pm Yoga 55 Laura 5:30pm Circuit 45 Rotha 6pm Barre Fusion 60 Annie	7 5:45am Yoga 45 Laura 4pm Yoga 60 Dina 6pm Pilates 45 Ashley	8 5:45am 3-2-1 45 Shelley 5pm Yoga 60 Jessica 5:30pm Circuit 45 Brett 6pm Old School STEP 45 Rotha	9 5:45am Xtreme Fitness 45 Tasha 5:45am Yoga Dina 6pm ABSolutely 30 Thomas	10 8am Xtreme Fitness 45min Lindsey 9am Yoga 60min Laura 9:30am 10K Training
11	12 5:45am Strong & Tone 45 Tasha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Shelley	13 5:45am PiYo 45 Shelley 5pm Yoga 55 Laura 5:30pm Circuit 45 Shelley 6pm TABATA 45 Tasha	14 5:45am Yoga 45 Dina 4pm Yoga 60 Jessica 6pm Cycle Fusion 45 Tasha	15 5:45am TRX Circuit 45 Shelley 5pm Yoga 60 Dina 5:30pm Circuit 45 Brett 6pm TRX Circuit 45 Tasha	16 5:45am ASSult 45 Thomas 5:45am Yoga 45 Laura 6pm Xtreme Fitness 30 Tasha	17 8am Xtreme Fitness 45min Lindsey 9am Yoga 60min Laura MAIN STUDIO Brian here for massages 9am-6pm 9:30am 10K Training
18 Brian here for massages 9am-2pm	19 5:45am Circuit 45 Shelley 4pm Yoga 55 Jessica 5pm ASSult 45 Thomas (yoga studio) 6pm Circuit 45 Tasha	20 5:45am PiYo 45 Shelley 5pm Yoga 55 Laura 5:30pm Circuit 45 Tasha 6pm Barre Fusion 60 Annie	21 5:45am Yoga 45 Laura 4pm Yoga 60 Dina 6pm Pilates 45 Ashley	22 5:45am Crazy Ropes 45 Rotha 5pm Yoga 60 Dina 5:30pm Circuit 30 Tasha 6pm 3-2-1 45 Tasha	23 5:45am Xtreme Fitness 45 Shelley 5:45am Yoga Dina 6pm Cardio Madness 30 Thomas	24 8am Xtreme Fitness 45min Tasha 9am Yoga 60min Jessica 9:30am 10K Training
25	26 5:45am Strong & Tone 45 Tasha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Rotha	27 5:45am TABATA 45 Rotha 5pm Yoga 55 Jessica 5:30pm Circuit 45 Rotha 6pm TABATA 45 Tasha	28 5:45am Yoga 45 Dina 4pm Yoga 60 Jessica 6pm Tasha Madness 45			