

Fitness Class Schedule - February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	4 12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	5 1:00p: Yoga (BF) 4:45p: HIIT (KB)	6 6:30a: Boot Camp (KK) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Yoga (BF)	7 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	8
9	10 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	11 12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	12 1:00p: Yoga (BF) 4:45p: HIIT (KB)	13 6:30a: Boot Camp (KK) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Yoga (BF)	14 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	15
16	17 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	18 1:00p: Pilates/Abs (SM) 4:45p: Zumba (BF)	19 1:00p: Yoga (BF) 4:45p: HIIT (KB)	20 6:30a: Boot Camp (KK) 12:00p: Kickboxing (DG)	21 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	22
23	24 6:30a: HIIT/Core (KK) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	25 1:00p: Cardio Sculpt (SM) 4:45p: Zumba (BF)	26 1:00p: Yoga (BF) 4:45p: HIIT (KB)	27 6:30a: Boot Camp (KK) 12:00p: HIIT (DG)	28 12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	29