

T=Tonia S=Stacey A=Amanda B=Brandi G=Ginger AN=Amy J=Jacey M=Missy ML=Maurita BH=Brandi

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Spin B		Spin B		STRONG A		
6:00	Cardio/Strength M	Yoga T	Cardio/Strength M	Yoga T	Cardio/Strength M		
6:45							
7:00							
8:30	Bootcamp S	Spin S	Step/Muscle S	Spin S	Bootcamp S		
9:00						Zumba ML	
10:00							
11:00	Kids Fit \$2.00 Age 3,4,5			Kids Fit \$2.00 Age Age 3,4,5			
12:15	Spin AN			TRX AN			
1:00	February Aerobic Schedule						
2:00							
3:00							
4:00		Kids Zumba Age 9-14	Pilates 4:15 G	TRX 4: 15 Stretch Therapy			
5:15	Core De Force J	Quick Core BH	Barre G	TRX AN	Barre Blend GV 2-1 and 2-22 Quick Core BH 2-8		
6:00	STRONG A	P90X J	Bootcamp A	Quick Core BH			Yoga 10 th , 17 th , 24 th
7:00			Zumba ML	Tabata ML			