

GROUP X - FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30 am Zumba- Leesa 5:30 pm Cardio Dance- Barb	2 9:30 am Zumba- Leesa 5:30 pm WTs & Yoga- Robin	3 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 20/20/20- Barb	4 9:30 am Zumba- Leesa	5 9:30 am Circuit Training- Scott
6	7 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 Fitness Fusion- Lana 6:30 Yoga- Robin	8 9:30 am Zumba- Leesa 5:30 pm Spin&Core- Barb 6:30 pm Zumba- Justin	9 9:30 am Zumba- Leesa 5:30 pm WTs & Yoga- Robin	10 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 20/20/20- Barb	11 9:30 am Zumba- Leesa 10:30 am WERQ&WTS- Hannah	12 9:30 am Interval Training- Double Trouble Tina & Robin
13	14 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 Fitness Fusion- Lana 6:30 Yoga- Robin	15 9:30 am Zumba- Leesa 5:30 pm Cardio Dance- Barb	16 9:30 am Zumba- Leesa 5:30 pm WTs & Yoga- Robin	17 9:30 am Zumba- Leesa 10:30 Power Pump- Jamie 5:30 20/20/20- Barb 6:30 Yoga- Alexxia	18 9:30 am Zumba- Leesa 10:30 am WERQ&WTS- Hannah	19 9:30 am Cardio Weights- Scott
20	21 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 Cardio Muscle Mix- Melody 6:30 Yoga- Robin	22 9:30 am Zumba- Leesa 5:30 pm Spin&Core- Barb 6:30 pm Zumba- Justin	23 9:30 am Zumba- Leesa 5:30 pm WTs & Yoga- Robin	24 9:30 am Zumba- Leesa 10:30 NO CLASS 5:30 20/20/20- Barb	25 9:30 am Zumba- Leesa 10:30 am WERQ&WTS- Hannah	26 9:30 am Step & Weights- Scott
27	28 9:30 am Zumba- Leesa 10:30 PowerPump- Jamie 5:30 Fitness Fusion- Lana 6:30 Yoga- Robin					

KIDS CLUB HOURS:

MONDAY - SATURDAY 9AM - 12PM

MONDAY - THURSDAY 4PM - 7PM

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