



February 2019 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 AM (60) CardioSTRONG- AR	2 <div style="border: 1px solid black; padding: 2px;">9:00 AM (45) TABATA- AO</div> 10:15 AM (60) Zumba- SR
3 8:45 AM (45) WaterWorks- CP	4 10:00 AM (45) Get RIPPED- DD 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR	5 9:30 AM (45) WaterWorks- JJ 10:00 AM (45) Pilates Fusion- VA 5:30PM (60) CORE DE FORCE- DP 6:30 PM (60) YOGA- BN	6 10:00 AM (45) BodyBLAST- DD 11:00AM (30) Low Impact- DD 5:30 PM (45) Get RIPPED- VA 6:30 PM (45) Tabata- AR	7 9:30 AM (45) WaterWorks- JJ <div style="border: 1px solid black; padding: 2px;">10:00 AM (45) Hiit Abs- DD</div> 5:30PM (60) YOGA- ML	8 10:00 AM (60) CardioSTRONG- AR	9 9:00 AM (70) CoreDeP90X-- DP 10:15 AM (60) Zumba- SR
10 8:45 AM (45) WaterWorks- CP	11 10:00 AM (45) Get RIPPED- DD <div style="border: 1px solid black; padding: 2px;">5:30PM (45) Get RIPPED- VA</div> 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR	12 9:30 AM (45) WaterWorks- JJ 10:00 AM (45) Pilates Fusion- VA 5:30PM (60) CORE DE FORCE- DP 6:30 PM (60) YOGA- BN	13 10:00 AM (45) BodyBLAST- DD 11:00AM (30) Low Impact- DD <div style="border: 1px solid black; padding: 2px;">5:30 PM (60) P90X- DP</div> 6:30 PM (45) Tabata- AR	14 9:30 AM (45) WaterWorks- JJ <div style="border: 1px solid black; padding: 2px;">10:00 AM (45) Hiit Abs- DD</div> 5:30PM (60) YOGA- ML 	15 10:00 AM (60) CardioSTRONG- AR	16 9:00 AM (45) Guns & Buns- AO 10:15 AM (60) Zumba- SR
17 8:45 AM (45) WaterWorks- CP	18 10:00 AM (45) Get RIPPED- DD 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR	19 9:30 AM (45) WaterWorks- JJ 10:00 AM (45) Pilates Fusion- VA 5:30PM (60) CORE DE FORCE- DP 6:30 PM (60) YOGA- BN	20 10:00 AM (45) BodyBLAST- DD 11:00AM (30) Low Impact- DD 5:30 PM (45) Get RIPPED- VA 6:30 PM (45) Tabata- AR	21 9:30 AM (45) WaterWorks- JJ <div style="border: 1px solid black; padding: 2px;">10:00 AM (45) Hiit Abs- DD</div> 5:30PM (60) YOGA- ML	22 10:00 AM (60) CardioSTRONG- AR	23 <div style="border: 1px solid black; padding: 2px;">9:00 AM (70) Super Saturday DP & AO</div> 10:15 AM (60) Zumba- SR
24 8:45 AM (45) WaterWorks- CP	25 10:00 AM (45) Get RIPPED- DD 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR	26 9:30 AM (45) WaterWorks- JJ 10:00 AM (45) Pilates Fusion- VA 5:30PM (60) CORE DE FORCE- DP 6:30 PM (60) YOGA- BN	27 10:00 AM (45) BodyBLAST- DD 11:00AM (30) Low Impact- DD <div style="border: 1px solid black; padding: 2px;">5:30 PM (45) Get RIPPED- DP</div> 6:30 PM (45) Tabata- AR	28 9:30 AM (45) WaterWorks- JJ <div style="border: 1px solid black; padding: 2px;">10:00 AM (45) Hiit Abs- DD</div> 5:30PM (60) YOGA- ML		