

FEBRUARY 2021 GROUP x & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X- no class 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba@-Christy	**8:00am HIIT-Calleen 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah
7	8	9	10	11	12	13
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba@-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah
14	15	16	17	18	19	20
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X-Calleen 10:00am Tap-no class 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba@-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah
21	22	23	24	25	26	27
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Spin-Leslie 5:30pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba@-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah
28						
					Instructors are subject to change!	**30-minute class *45-minute class