

Fitness Classes - February 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Note: * (class held in lounge)</p>				<p>1 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>2 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>3 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>4 Indoor Cycling 8:15-9:15</p>	<p>5 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>6 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>7 Barre 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>8 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>9 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>10 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>11 Indoor Cycling 8:15-9:15</p>	<p>12 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>13 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>14 Barre 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>15 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>16 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>17 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>18 Indoor Cycling 8:15-9:15</p>	<p>19 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>20 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>21 Barre 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>22 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>23 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>24 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>25 Indoor Cycling 8:15-9:15</p>	<p>26 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>27 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>28 Barre 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>			