

# FEBRUARY 2019 GROUP EX



WK OF

1/28

2/3

2/10

2/17

2/24

MON	TUES	WED	THUR	FRI	SAT
				5:00am - 5:45am Kickboxing (J)  9:00am - 9:45am Fit For Life Yoga	
5:00am - 5:45am Total Body Circuit (J)  9:00am - 9:45am Fit For Life (J) ----- 6:30pm - 7:15pm Total Body Circuit (D)	5:00am - 5:45am Kickboxing (D)  ----- 6:30pm - 7:15pm Kickboxing (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Yoga (J)  9:00am - 9:45am Fit For Life	5:00am - 5:45am Total Body Circuit (D)  ----- 6:30pm - 7:30pm Strength/Kickboxing Circuit (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Kickboxing (J)  9:00am - 9:45am Fit For Life Yoga ----- <b>BOM KIDS 6PM - 10PM</b>	
5:00am - 5:45am Total Body Circuit (J)  9:00am - 9:45am Fit For Life (J) ----- 6:30pm - 7:15pm Total Body Circuit (D)	5:00am - 5:45am Kickboxing (D)  ----- 6:30pm - 7:15pm Kickboxing (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Yoga (J)  9:00am - 9:45am Fit For Life	5:00am - 5:45am Total Body Circuit (J)  ----- 6:30pm - 7:30pm Partner Workout (J)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Kickboxing (J)  9:00am - 9:45am Fit For Life Yoga ----- <b>BOM KIDS 6PM - 10PM</b>	10:00am - 12:00pm ACRO YOGA \$25/Couple  Open to non-members!
5:00am - 5:45am Total Body Circuit (J)  9:00am - 9:45am Fit For Life (J) ----- 6:30pm - 7:15pm Total Body Circuit (D)	5:00am - 5:45am Kickboxing (D)  ----- 6:30pm - 7:15pm Kickboxing (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Yoga (J)  9:00am - 9:45am Fit For Life	5:00am - 5:45am Total Body Circuit (D)  ----- 6:30pm - 7:30pm Strength/Kickboxing Circuit (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Kickboxing (J)  9:00am - 9:45am Fit For Life Yoga ----- <b>BOM KIDS 6PM - 10PM</b>	
5:00am - 5:45am Total Body Circuit (J)  9:00am - 9:45am Fit For Life (J) ----- 6:30pm - 7:15pm Total Body Circuit (D)	5:00am - 5:45am Kickboxing (D)  ----- 6:30pm - 7:15pm Kickboxing (D)  7:30pm - 8:15pm Yoga (J)	5:00am - 5:45am Yoga (J)  9:00am - 9:45am Fit For Life	5:00am - 5:45am Total Body Circuit (D)  ----- 6:30pm - 7:30pm Strength/Kickboxing Circuit (D)  7:30pm - 8:15pm Mobility (J)	5:00am - 5:45am Kickboxing (J)  9:00am - 9:45am Fit For Life Yoga (J)	

J: Jolynne / D: Deatra

**\*\*Classes in Red: Special Registration - See news for more info**