

FEBRUARY 2024 GROUP EX



WK OF

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	MON	TUES	WED	THUR	FRI
AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Mix(T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T) 6:15 - 7:00 Kickboxing (J) 9:00 - 10:00 FFL (J)
PM	4:45-5:30pm Muscle Up (J) 5:45-6:15pm Kickboxing Quicky			4:45 - 5:30pm Strength Circuit 5:45 - 6:30pm Kickboxing	

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AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Mix (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T) 6:15 - 7:00 Kickboxing (J) 9:00 - 10:00 FFL (J)
PM	4:45-5:30pm Muscle Up (J) 5:45-6:15pm Kickboxing Quicky		4:45 - 5:45pm Strength Circuit	5:00 - 5:45pm Kickboxing	

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AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Mix (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T) 6:15 - 7:00 Kickboxing (J) 9:00 - 10:00 FFL (J)
PM	4:45-5:30pm Muscle Up (J) 5:45-6:15pm Kickboxing Quicky		4:45-5:45pm HIIT / Kickboxing Circuit		

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AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Mix (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T) 6:15 - 7:00 Kickboxing (J) 9:00 - 10:00 FFL (J)
PM	4:45-5:30pm Muscle Up (J) 5:45-6:15pm Kickboxing Quicky		4:45-5:45pm HIIT / Kickboxing Circuit		

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AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Mix (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T) 6:15 - 7:00 Kickboxing (J) 9:00 - 10:00 FFL (J)
PM	4:45-5:30pm Muscle Up (J) 5:45-6:15pm Kickboxing Quicky		4:45 - 5:45pm Strength Circuit	5:00 - 5:45pm Kickboxing	

J: Jolynne / T: Tami

- SUBJECT TO CHANGE -