

FEBRUARY 2025



**** schedule/class formats subject to change based on demand**

	Mon 02/03	Tue 02/04	Wed 02/05	Thu 02/06	Fri 02/07
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines	6:00PM - 6:30PM HIIT (J)	
	Mon 02/10	Tue 02/11	Wed 02/12	Thu 02/13	Fri 02/14
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines	6:00PM - 6:30PM HIIT (J)	SATURDAY STRENGTH CLASS! >>> 9:00AM
	Mon 02/17	Tue 02/18	Wed 02/19	Thu 02/20	Fri 02/21
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Tabata - Free Weights (T)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	5:00PM - 6:00PM Strength Mix (J)	6:00PM - 6:30PM HIIT (J)	
	Mon 02/24	Tue 02/25	Wed 02/26	Thu 02/27	Fri 02/28
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines		5:00PM - 5:45PM Cardio & Core (J)

(J) Jolyne (T) Tami

Classes are drop-in welcome! Participants in J's classes should download Spond for up to date info!