

strength & toning

MONTHLY CLASS SCHEDULE



FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 BODYPUMP Alyssa 10:00-11:00 am (G2)	2 BODYPUMP Humberto 10:45-11:45 am (G2)
3 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	4 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	5 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	6 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Abby 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP TBD 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	7 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	8 BODYPUMP Humberto 10:00-11:00 am (G2)	9 BODYPUMP Katya 10:45-11:45 am (G2)
10 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	11 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Naomi 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	12 BODYPUMP Isabell 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	13 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Abby 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katie 7:00-8:00 pm (G2)	14 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 10:15-11:00 am (G2)	15 BODYPUMP Alyssa 10:00-11:00 am (G2)	16 BODYPUMP Yvonne 10:45-11:45 am (G2)
17 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	18 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Yvonne 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	19 BODYPUMP Isabell 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	20 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Amber 12:00-12:45 pm (G2) BODYPUMP TBD 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	21 BODYPUMP Isabell 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	22 BODYPUMP Humberto 10:00-11:00 am (G2)	23 BODYPUMP Katya 10:45-11:45 am (G2)
24 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	25 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	26 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	27 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	28 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)		

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.