

# Class Schedule February 2019

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
												1 Tabata – 6am TKO – 10:15am			2 Bootcamp – 8am			3 HIIT/Barre – 8am		
4 Yogatone – 6am Bosu Challenge – 12:15 Muscle Pump – 5:30pm			5 Core Blast– 9:00am Yoga Sculpt – 12:15 Bootcamp- 5:30pm			6 HIIT – 6am Tabata – 12:15 Cardio Sculpt – 5:30pm			7 Just Balls – 12:15 Barre – 5:30pm			8 Tabata – 6am TKO – 10:15am			9 Bootcamp – 8am			10 Cardio Sculpt – 8am		
11 Yogatone – 6am Bosu Challenge – 12:15 Muscle Pump – 5:30pm			12 Core Blast– 9:00am Yoga Sculpt – 12:15 Bootcamp- 5:30pm			13 HIIT – 6am Tabata – 12:15 Cardio Sculpt – 5:30pm			14 Just Balls – 12:15 Barre – 5:30pm			15 Tabata – 6am TKO – 10:15am			16 Bootcamp – 8am			17 HIIT/Barre – 8am		
18 Yogatone – 6am Bosu Challenge – 12:15 Muscle Pump – 5:30pm			19 Core Blast– 9:00am Yoga Sculpt – 12:15 Bootcamp- 5:30pm			20 HIIT – 6am Tabata – 12:15 Cardio Sculpt – 5:30pm			21 Just Balls – 12:15 Barre – 5:30pm			22 Tabata – 6am TKO – 10:15am			23 Bootcamp – 8am			24 No Class		
25 Yogatone – 6am Bosu Challenge – 12:15 Muscle Pump – 5:30pm			26 Core Blast– 9:00am Yoga Sculpt – 12:15 Bootcamp- 5:30pm			27 HIIT – 6am Tabata – 12:15 Cardio Sculpt – 5:30pm			28 Just Balls – 12:15 Barre – 5:30pm											

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