

Group Fitness February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 BODYPUMP SL 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	2 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	3 5:15 BODYPUMP SL 6:30 HIIT KW 9:15 HIIT LF 12:00 BODYPUMP CC	4 8:30 Yoga MM 9:45 BODYPUMP MH 11:00 ZUMBA Rob
5 1:30 Zumba Sarah	6 5:15 BODYPUMP Angel 9:15 HIIT KW 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	7 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	8 5:15 BODYPUMP Angel 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	9 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	10 5:15 BODYPUMP SL 6:30 HIIT KW 9:15 HIIT LF 12:00 BODYPUMP CC	11 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
12 1:30 Zumba Rob	13 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	14 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	15 5:15 BODYPUMP SL 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	16 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	17 5:15 BODYPUMP SL 6:30 HIIT KW 9:15 HIIT LF 12:00 BODYPUMP CC	18 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Rob
19 1:30 Zumba Sandra	20 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	21 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	22 5:15 BODYPUMP Angel 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	23 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	24 5:15 BODYPUMP SL 6:30 HIIT KW 9:15 HIIT LF 12:00 BODYPUMP CC	25 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Laurie
26 1:30 Zumba Laurie	27 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	28 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah		TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy RC Rob Cox	LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams SP Susan Pless	