



FEBRUARY WEEKEND SCHEDULE

Saturday	1	8	15	22	29
GROUP EX					
7:30 SHRED	Lacey	Kaylie	Heather	TBA	Robbie
8:15 LES MILLS BODYPUMP	Pam	Nancy	Heather	TBA	SEE
9:15 LES MILLS CXWORX	Kaitlyn	Nancy	Kelly	TBA	LAUNCH
9:45 CARDIO ROTATION	Tasha 	Nancy LES MILLS BODYATTACK	Kelly	TBA	SCHEDULE
11:15 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	TBA	Teresa
8:15 SPIN	Kaitlyn	Amy Higg	Angie	Kaitlyn	Robbie
9:30 Aqua Rotation	 Saana	<i>DWR</i> Amy Huwe	AQUA YOGA Jennifer	AQUA YOGA Jennifer	<i>Aqua Fit</i> Julia
Sunday	2	9	16	23	3/1
1:30 Step Express	Mechelle	Mechelle	Mechelle	TBA	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
2:30 LES MILLS BODYPUMP	Heather	Pam	Heather	TBA	Heather
3:30 Yoga	Jennifer	Jennifer	Jennifer	TBA	Jennifer