February Schedule 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Fitness/Spin	**Mind/Body**	**Fitness/Spin**	**Mind/Body**	**Fitness/Spin**	**Mind/Body**	**Fitness/Spin**	**Mind/Body**	**Fitness/Spin**	**Mind/Body**	**Fitness/Spin**	**Mind/Body**
		6:15 - 7:00am **Cycle** Bryanne			6:15 - 7:00am **Yoga Flow** Hailey/Christine	6:15 - 7:00am Cycle Bryanne		6:15 - 7:00am **Cycle** Jose			
AFTERNOON CLASSES											
11:00 - 11:45am **Cycle** Shane 12:05 - 12:50pm **Cycle** Bryanne 1:05 - 1:50pm **T/B/S** Shane	***Fitness Studio*** 12:05 - 12:50pm **T/B/S** Al	11:00 - 11:45am **Fusion** Sunshine 12:05 - 12:45pm **ViPR** Shane 1:05 - 1:50pm **Circuit 201** Shane	12:05 - 1:00pm **Yoga Burn** Honorata	12:05 - 12:50pm **Complete Core** Chris 12:05 - 12:50 **Cycle** Sarah 1:05 - 1:50pm **Navy Seals Bootcamp** Shane	11:30 - 12:15pm **Yoga Fundamentals** Andrea	12:05 - 12:50pm **Fusion** Shane 12:05 - 12:50pm **Cycle** Jessie 1:05 - 1:50pm **Barbell Challenge** Shane	11:00 - 11:45pm **Yoga Flow** Honorata	12:05 - 12:50 **HIIT** Bryanne 1:05 - 1:50pm **Spartan²** Al	12:05 - 1:00pm **Yoga for Life** Christine	9:30 - 10:30am **Cycle Plus** Lorraine/Michelle 10:00 - 11:30pm **Weekend Warriors** Al	
EVENING CLASSES											
		5:30 - 6:30pm **Cycle Plus** Lonny			4:45 - 5:35pm **Yoga Flow** Jessica						

NEW CLASS - Yoga Flow Wednesday 4:45 - 5:35pm

Bankers Hall Club

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