



GROUP EXERCISE CLASSES
February 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop -Keshia</p>	<p>2 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick</p>	<p>3 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna</p>	<p>4 9:00am: ME – Nick</p>
5	<p>6 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan</p>	<p>7 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Nick 7:00pm: Ab Blast –Nick</p>	<p>8 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Nick 6:00pm: Ab Blast-Nick 6:30pm: Hip-hop -Whitney</p>	<p>9 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick</p>	<p>10 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna</p>	<p>11 9:00am: ME – Shawn</p>
12	<p>13 5:30am:ME-Nick 9:30am: Power Yoga-Joanna 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan</p>	<p>14 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Shawn 7:00pm: Ab Blast –Shawn</p>	<p>15 5:30am:ME -Nick 9:30am: Power Yoga-Joanna 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop -Keshia</p>	<p>16 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick</p>	<p>17 5:30am: ME -Nick 9:30am: Power Yoga-Staci 10:30am: Toddler – Joanna</p>	<p>18 9:00am: ME – Nick</p>
19	<p>20 5:30am:ME-Nick 9:30am: Power Yoga-Joanna 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan</p>	<p>21 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Deb 7:00pm: Ab Blast –Deb</p>	<p>22 5:30am:ME -Nick 9:30am: Power Yoga-Joanna 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop -Whitney</p>	<p>23 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick</p>	<p>24 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna</p>	<p>25 9:00am: ME – Shawn</p>
26	<p>27 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan</p>	<p>28 5:30am: PowerPump-Butch 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Deb 7:00pm: Ab Blast –Deb</p>	<p>29 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop -Keshia</p>			