FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	**2**	**3**	**4**
			C 5:15a Cycle – Jan A 5:30a RIPPED – Dru C 8:15a Cycle – Emily A 8:30a Muscle Mix – Leigh Anne B 8:30a Pilates Mat – Paula A 9:35a Fitness Fusion – Lynn H B 9:35a Yoga – Julie A 4:30p PowerBodyz – Kristie C 5:30p Cycle – Gabbie B 5:30p Yoga – Paula A 6:00p Box Mania – Katrina	A 5:30a TNT – Phillip O 5:30a Metro Milers – Peggy T 5:30a Sweat-ilates – Pam C. T 8:00a **Fit w/ TRX** – Heather B 8:30a PIYO – Paula A 8:30a Training Camp – Jackie A 9:35a Beg. Pilates for – Margaret A Core Stability A 4:30p Cardio Pump – Michele B 4:30p Yoga – Jessica C 5:30p Cycle – Lynn H A 5:35p Zumba – Stephanie B 5:35p Pilates Mat – Heidi	C 5:30a Race and Ripped – Dru A 6:45a Raising The Bar – Dru B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Mel A 8:30a Hip Hop Hustle – Mary Kat A 9:35a **Low Impact** – Hayden B 9:35a Yoga – Heather	C 8:30a Cycle – Jan A 9:00a Turbo Kick – Elizabeth B 9:35a PIYO – Becky 9:35am PIYO with Becky
5	**6**	**7**	**8**	**9**	**10**	**11**
A 2:00p PowerBodyz – Kristie B 2:45p Pilates II & III – Lynne E C 3:00p Cycle – Kristie A 4:00p Sculpt – Hayden B 4:00p Restorative Yoga – Dee Wrap Up Your Weekend Restorative Yoga 4pm	A 5:30a Cardio Sculpt – Stephanie C 5:30a Cycle – Hayden B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Leigh Anne A 8:30a RIPPED – Andrea A 9:35a Low Impact – Hayden B 9:35a Yoga – Heather A 4:30p Sculpt – Michele A 5:35p Turbo Kick – Gabbie C 5:45p Revolution Ride – Casie B 6:30p Box Mania II – Katrina	A 5:30a Sweat-ilates – Pam C O 5:30a Metro Milers – Peggy A 8:30a Turbo Kick – Dru B 8:30a Pilates For Stability – Pam K **A 9:35a Raising The Bar** – Dru A 4:30p Step Intervals – Michele B 4:30p Yoga – Kristie A 5:35p RIPPED – Elizabeth B 5:35p Pilates Mat – Heidi C 5:45p Cycle – Kristie	C 5:15a Cycle – Jan A 5:30a Turbo Kick – Dru C 8:15a Cycle – Emily A 8:30a Muscle Mix – Leigh Anne B 8:30a Pilates Mat – Paula A 9:35a Fitness Fusion – Jodie B 9:35a Yoga – Julie A 4:30p PowerBodyz – Kristie C 5:30p Cycle – Gabbie B 5:30p Yoga – Paula A 6:00p Box Mania – Katrina	A 5:30a TNT – Phillip O 5:30a Metro Milers – Peggy T 5:30a Sweat-ilates – Pam C. T 8:00a **Fit w/ TRX** – Heather B 8:30a PIYO – Paula A 8:30a Training Camp – Jackie A 9:35a Beg. Pilates for – Margaret A Core Stability A 4:30p Cardio Pump – Lynn H B 4:30p Yoga – Jessica C 5:30p Cycle – Kristie A 5:35p Zumba – Stephanie B 5:35p Pilates Mat – Margaret A	C 5:30a Race and Ripped – Dru A 6:45a Raising The Bar – Dru B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Mel A 8:30a Box Mania – Katrina A 9:35a **Low Impact** – Amelie B 9:35a Yoga – Heather	C 8:30a Cycle – Johnny A 9:00a CardioBells – Michele B 9:35a Yoga – Marie Join Michele 9am CardioBells
12	**13**	**14**	**15**	**16**	**17**	**18**
A 2:00p PowerBodyz – Kristie B 2:45p Pilates II & III – Lynne E C 3:00p Cycle – Gabbie A 4:00p Sculpt – Phillip B 4:00p Restorative Yoga – Dee Double Today's Workout! 3:00pm Cycle w/ Gabbie then 4:00pm Yoga w/ Dee	A 5:30a Cardio Sculpt – Stephanie C 5:30a Cycle – Hayden B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Leigh Anne A 8:30a RIPPED – Andrea A 9:35a Low Impact – Jodie B 9:35a Yoga – Heather A 4:30p Sculpt – Michele A 5:35p Turbo Kick – Elizabeth C 5:45p Revolution Ride – Casie B 6:30p Box Mania II – Kristie	A 5:30a Sweat-ilates – Pam C O 5:30a Metro Milers – Peggy A 8:30a Turbo Kick – Dru B 8:30a Pilates For Stability – Pam K **A 9:35a Raising The Bar** – Dru A 4:30p Step Intervals – Lynn H B 4:30p Yoga – Kristie A 5:35p Sculpt – Hayden B 5:35p PIYO – Allison C 5:45p Cycle – Elizabeth	C 5:15a Cycle – Jan A 5:30a Cardio Knockout – Dru C 8:15a Cycle – Emily A 8:30a Muscle Mix – Jodie B 8:30a Pilates Mat – Paula A 9:35a Fitness Fusion – Lynn H B 9:35a Yoga – Julie A 4:30p PowerBodyz – Kristie C 5:30p Cycle – Gabbie B 5:30p Yoga – Paula A 6:00p Box Mania – Elizabeth	A 5:30a TNT – Phillip O 5:30a Metro Milers – Peggy T 5:30a Sweat-ilates – Pam C T 8:00a **Fit w/ TRX** – Heather B 8:30a PIYO – Paula A 8:30a Training Camp – Jackie A 9:35a Beg. Pilates for – Margaret A Core Stability A 4:30p Cardio Pump – Michele B 4:30p Yoga – Jessica C 5:30p Cycle – Lynn H A 5:35p Hip Hop Huslte – Hayden B 5:35p Pilates Mat – Margaret A	C 5:30a Race and Ripped – Dru A 6:45a Raising The Bar – Dru B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Mel A 8:30a Cardio Sculpt – Phillip A 9:35a **Low Impact** – Hayden B 9:35a Yoga – Heather	C 8:30a Cycle – Kristie A 9:00a Cardio Pump – Lynn h B 9:35a Yoga – Jessica Put A Spin On Your Saturday 8:30a Cycle With Phillip
19	**20**	**21**	**22**	**23**	**24**	**25**
A 2:00p PowerBodyz – Allison B 2:45p Pilates II & III – Lynne E C 3:00p Cycle – Becky A 4:00p RIPPED – Elizabeth B 4:00p Restorative Yoga – Dee R.I.P.P.E.D. One Stop Body Shock!! 4p w/ Elizabeth	A 5:30a Cardio Sculpt – Stephanie C 5:30a Cycle – Hayden B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Leigh Anne A 8:30a RIPPED – Dru A 9:35a Low Impact – Jodie B 9:35a Yoga – Heather A 4:30p Sculpt – Michele A 5:35p Turbo Kick – Jordan C 5:45p Revolution Ride – Casie B 6:30p Box Mania II – Katrina	A 5:30a Sweat-ilates – Pam C O 5:30a Metro Milers – Peggy A 8:30a Turbo Kick – Dru B 8:30a Pilates For Stability – Pam K. **A 9:35a Raising The Bar** – Dru A 4:30p Step Intervals – Michele B 4:30p Yoga – Kristie A 5:35p RIPPED – Elizabeth B 5:35p PIYO – Allison C 5:45p Cycle – Kristie	C 5:15a Cycle – Jan A 5:30a RIPPED – Dru C 8:15a Cycle – Emily A 8:30a Muscle Mix – Leigh Anne B 8:30a Pilates Mat – Paula A 9:35a Fitness Fusion – Jodie B 9:35a Yoga – Julie A 4:30p PowerBodyz – Kristie C 5:30p Cycle – Gabbie B 5:30p Yoga – Paula A 6:00p Box Mania – Katrina	A 5:30a TNT – Phillip O 5:30a Metro Milers – Peggy T 5:30a Sweat-ilates – Pam C T 8:00a **Fit w/ TRX** – Heather B 8:30a PIYO – Paula A 8:30a Training Camp – Jackie A 9:35a Beg. Pilates for – Margaret A Core Stability A 4:30p Cardio Pump – Lynn H B 4:30p Yoga – Jessica C 5:30p Cycle – Kristie A 5:35p Zumba – Stephanie B 5:35p Pilates Mat – Margaret A	C 5:30a Race and Ripped – Dru A 6:45a Raising The Bar – Dru B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Mel A 8:30a PIYO – Andrea A 9:35a **Low Impact** – Hayden B 9:35a Yoga – Heather	C 8:30a Cycle – Phillip A 9:00a Hip Hop Hustle – Hayden T 9:00a RESULTS – Jan B 9:35a Yoga – Paula So Many Choices! You Can Not Go Wrong! *Cycle *Hip Hop Hustle *Results
26	**27**	**28**	**29**			
A 2:00p PowerBodyz – Allison B 2:45p Pilates II & III – Lynne E C 3:00p Cycle – Lynn H A 4:00p Sculpt – Jodie B 4:00p Restorative Yoga – Dee PowerBodyz 2p w/ Allison or Sculpt 4p w/ Jodie	A 5:30a Cardio Sculpt – Stephanie C 5:30a Cycle – Hayden B 8:00a Stretch Yoga – Dee C 8:15a Cycle – Leigh Anne A 8:30a RIPPED – Andrea A 9:35a Low Impact – Hayden B 9:35a Yoga – Heather A 4:30p Sculpt – Michele A 5:35p Turbo Kick – Jordan C 5:45p Revolution Ride – Casie B 6:30p Box Mania II – Katrina	A 5:30a Sweat-ilates – Pam C O 5:30a Metro Milers – Peggy A 8:30a Turbo Kick – Dru B 8:30a Pilates For Stability – Pam K **A 9:35a Raising The Bar** – Dru A 4:30p Step Intervals – Lynn H B 4:30p Yoga – Kristie A 5:35p Sculpt – Hayden B 5:35p Pilates Mat – Allison C 5:45p Cycle – Elizabeth	C 5:15a Cycle – Jan A 5:30a Turbo Kick – Dru C 8:15a Cycle – Emily A 8:30a Muscle Mix – Leigh Anne B 8:30a Pilates Mat – Paula A 9:35a Fitness Fusion – Lynn H B 9:35a Yoga – Jessica A 4:30p PowerBodyz – Kristie C 5:30p Cycle – Gabbie B 5:30p Yoga – Paula A 6:00p Box Mania – Katrina	Be Sure to Check The Opposite Side for Schedule Changes!		**LOCATION KEY** A = Studio "A" B = Studio "B" C = Cycle Studio P = Pilates Studio