

Adult Schedule

February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	2 8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength 6:00 Men's Night	3 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	4 9:00 Barre Fusion	10:30 Bootcamp 5	6
7 9:00 Beginner Drills 9:30 Yoga 11:00 Sweat and Stretch	8 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	9 8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength 6:00 Men's Night	10 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	11 9:00 Barre Fusion 6-9pm Parents Night Out	12 10:30 Bootcamp	13
14 <i>Valentine's Day!</i> 9:00 Beginner Drills 9:30 Yoga 11:00 Sweat and Stretch	15 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	16 8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength 6:00 Men's Night	17 9:00 All Level Drills 11:00 Sweat and Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	18 9:00 Barre Fusion	19 10:30 Bootcamp 9-10:30 Kings and Queens (3.0-3.5) 10:30-12:00 Kings and Queens (4.0+)	20
21/28 9:00 Beginner Drills 9:30 Yoga 11:00 Sweat and Stretch	22 9:00 All level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	23 8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength 6:00 Men's Night	24 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	25 9:00 Barre Fusion	26 10:30 Bootcamp	27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>3:30 Adv. 2 Gymnastics</p> <p>3:30 Smashers Beg/Int.</p> <p>4:30 Smashers Adv.</p>	<p>1</p> <p>3:30 Preschool Gym</p> <p>4:30 Big Hitters</p> <p>4:30 Int. Gymnastics</p>	<p>2</p> <p>3:00 Baby Gym</p> <p>3:30 Preschool Gym</p> <p>3:30 Smashers Beg/ Int.</p> <p>4:30 Smashers Adv.</p> <p>5:30 Beg Gymnastics</p>	<p>3</p> <p>4:30 Big Hitters</p> <p>4:30 Adv. 1 Gymnastics</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p> <p>3:30 Adv. 2 Gymnastics</p> <p>3:30 Smashers Beg/Int.</p> <p>4:30 Smashers Adv.</p>	<p>8</p> <p>3:30 Preschool Gym</p> <p>4:30 Big Hitters</p> <p>4:30 Int. Gymnastics</p>	<p>9</p> <p>3:00 Baby Gym</p> <p>3:30 Preschool Gym</p> <p>3:30 Smashers Beg/ Int.</p> <p>4:30 Smashers Adv.</p> <p>5:30 Beg Gymnastics</p>	<p>10</p> <p>4:30 Big Hitters</p> <p>4:30 Adv. 1 Gymnastics</p>	<p>11</p> <p>6-9pm</p> <p>Parents Night Out</p>	<p>12</p>	<p>13</p>
<p><i>Valentine's Day!</i> 14</p> <p>3:30 Adv. 2 Gymnastics</p> <p>3:30 Smashers Beg/Int.</p> <p>4:30 Smashers Adv.</p>	<p>15</p> <p>3:30 Preschool Gym</p> <p>4:30 Big Hitters</p> <p>4:30 Int. Gymnastics</p>	<p>16</p> <p>3:00 Baby Gym</p> <p>3:30 Preschool Gym</p> <p>3:30 Smashers Beg/ Int.</p> <p>4:30 Smashers Adv.</p> <p>5:30 Beg Gymnastics</p>	<p>17</p> <p>4:30 Big Hitters</p> <p>4:30 Adv. 1 Gymnastics</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21/28</p> <p>3:30 Adv. 2 Gym</p> <p>3:30 Smashers Beg/Int.</p> <p>4:30 Smashers Adv.</p>	<p>22</p> <p>3:30 Preschool Gym</p> <p>4:30 Big Hitters</p> <p>4:30 Int. Gymnastics</p>	<p>23</p> <p>3:00 Baby Gym</p> <p>3:30 Preschool Gym</p> <p>3:30 Smashers Beg/ Int.</p> <p>4:30 Smashers Adv.</p> <p>5:30 Beg Gymnastics</p>	<p>24</p> <p>4:30 Big Hitters</p> <p>4:30 Adv. 1 Gymnastics</p>	<p>25</p>	<p>26</p>	<p>27</p>