WEEKLY PLANNER

WEEK :

FEBRUARY SCHEDULE

MONDAY

515- Fit 45 W/ Marie
645-Vinyasa Flow Yoga W/Abby
8 -Reformer W/Erin
12-Silver Strength W/Melissa
415-Barre W/Erin
530-Strong W/Karen

TUESDAY

545-Mixed App w/Erin
7-Buti Yoga W/Abby
8-Yoga W/Angela
930-Silver Strength W/Melissa
445-Tone & Sculpt W/Melissa
545-Shine W/Heather

WEDNESDAY

515-Trx W/Marie
7-Primal Flow Yoga W/Abby
8-Reformer W/Erin
12-Silver Strength W/Melissa
415-Zumba w/Kacy
530-Yoga W/Angela

THURSDAY

545-Mixed App w/Erin
815-Barre W/Erin
930-Silver Strength W/Melissa
445-Tone & Sculpt W/ Melissa
545-Strong Nation W/Karen
7-Shine W/Heather

FRIDAY

515-TRX Fusion w/Marie
930-Silver Strength w/Melissa
415-Vinyasa Flow Yoga w/Abby
530-Moxie Yoga w/Abby

SATURDAY

February 3rd & 24th
9AM-Tone & Sculptw/Melissa
Feb 4th, 11th, 18th, & 25th
5 PM- Zumba w/Angles
Feb 11th 630PM
Candlelight Yoga w/Angela

GOALS

PRIORITIES

To Get more info on our classes & Book Your Sessions, Please Go To:
www.synergyatthereed.com

NOTES