

COUPLES VALENTINES PILATES
~~JAN 13TH 6:30PM~~
~~JAN 14TH 9:30AM~~



FEBRUARY GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30AM	GRIT STRENGTH VIRTUAL	GRIT CARDIO VIRTUAL	LES MILLS CORE VIRTUAL	GRIT ATHLETIC VIRTUAL	LES MILLS CORE VIRTUAL	FEB 7TH 9:30AM 	LES MILLS BODYCOMBAT VIRTUAL
09:00AM	LES MILLS BODYCOMBAT VIRTUAL			LES MILLS BODYATTACK VIRTUAL			LES MILLS BODYPUMP VIRTUAL
9:30AM	CIRCUIT	LES MILLS BODYPUMP				FRIDAY FEB 13 6:30PM VALENTINE PILATES	CORE VIRTUAL
11:00AM							
12:15PM	GRIT STRENGTH VIRTUAL		GRIT CARDIO VIRTUAL		GRIT ATHLETIC VIRTUAL	FEB 14TH 9:30AM VALENTINE PILATES	GRIT ATHLETIC VIRTUAL
03:00PM							LES MILLS BODYCOMBAT VIRTUAL
04:30 PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		FEB 21ST 9:30AM 	LES MILLS BODYPUMP VIRTUAL
05:00PM							
05:30PM	LES MILLS GRIT	PILATES	LES MILLS GRIT	PILATES		FEB 28TH 9:30AM 	
06:15PM							LES MILLS BODYBALANCE VIRTUAL
06:30PM	BYOB	ZUMBA	BYOB	LES MILLS BODYPUMP			

- GRIT - 30 MIN HIIT
- BODY PUMP - 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO
- LIFT - MEN'S BIBLE STUDY/LIFT SESSION
- PILATES - 45 MIN CORE, TONING, FLEXIBILITY
- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN