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| **February 2023** |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **29** | **30** | **31** | **1** | **2** | **3** | **4** |
|  |  |  | 5p SPIN \*5:30p PILATES | 5:30p TBC |  | 9a STICKS & STRESS |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | 5:30p SPIN \*5:30p STICKS & STRESS |  10-11a YOGA 1145-12:15p PILATES 5:15p YOGA \* 5:30p MIXXED FIT | 5p SPIN\*5:30p PILATES | 5:30p TBC |  | 9a STICKS & STRESS |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | 5:30p SPIN \*5:30p STEP AEROBICS |  10-11a YOGA 1145-12:15p PILATES 5:15p YOGA \* 5:30p MIXXED FIT | 5p SPIN\*5:30p PILATES | 5:30p TZT |  | 9a HIIT |
| **19** | **20** | **21** | **22** | [**23**](https://www.calendarpedia.com/) | **24** | **25** |
|  | **Presidents' Day**5:30p SPIN \*5:30p HIIT |  10-11a YOGA 1145-12:15p PILATES 5:15p YOGA \* 5:30p MIXXED FIT | 5p SPIN\*5:30p PILATES | 5:30p TBC |  | 9a TZT |
| **26** | **27** | **28** | **1** | **2** | **3** | **4** |
|  | 5:30p SPIN \*5:30p STEP AEROBICS |  10-11a YOGA 1145-12:15p PILATES 5:15p YOGA \* 5:30p MIXXED FIT | \*M/W SPIN CLASS – PLZ SIGN UP TO RESERVE YOUR BIKE |  \*5:15p YOGA on Tuesday night, plz reserve your mat space. |  |  |
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