

FEBRUARY FITNESS SCHEDULE — ALBIAN



DOWNLOAD OUR APP from the Apple APP or Google Play Stores (find links on Fitness Brigade website).

All spots in classes must be booked through our Fitness Brigade App or using links on the Fitness Brigade Website!

When classes are full, waitlists will be activated and you will be informed if someone cancels and a spot opens up.

Classes will be held in the Yoga Studio

Spin will be held in the Main Gym

|  | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|--------------------|--------------------|------|--------------------|-------------------|--------------------|
| 9:15am - 10:00am | Personal Training By Appointment (MON-SUN) | | | | | | |
| 2:30pm - 3:15pm | Shell Shock | Flex | Core Iron | Yoga | Grit | Yoga | Ab Strike (30 min) |
| 3:30pm - 4:15pm | Circuit (MON-SUN) | | | | | | |
| 5:15pm - 6:00pm | Grit | Shell Shock | Ab Strike (30 min) | Flex | Ab Strike (30 min) | Personal Training | Personal Training |
| 6:15pm - 7:00pm | Spin | Ab Strike (30 min) | Core Iron | Spin | Grit | | |
| 7:05pm - 7:50pm | Ab Strike (30 min) | Yoga Meditation | Shell Shock | Flex | Yoga Meditation | | |