

February 2020 Group Fitness Classes

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													1
	2		3		4		5		6		7		8
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	9		10		11		12		13		14		15
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm ZUMBA 7:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 4:00pm					
	16		17		18		19		20		21		22
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm ZUMBA 7:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 4:00pm					
	23		24		25		26		27		28		29
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	1		2		3		4		5		6		7
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am					