



## FEBRUARY 2024 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00AM  <b>KICKBOXING &amp; ABS</b> PAULA		8:30-9:00AM  <b>KICKBOXING &amp; ABS</b> PAULA		8:30-9:00AM  <b>PAULA</b>	
9:00-10:00AM  PAULA   <b>RHITI</b> TATIANA	9:00-10:00AM  <b>PARTY SPIN</b> PAULA   <b>YOGA</b> TESIA	9:00-10:00AM  PAULA	9:00-10:00AM  <b>PARTY SPIN</b> PAULA   <b>RHITI</b> TATIANA	9:00-10:00AM  PAULA   <b>YOGA</b> TESIA	9:00-9:30AM  <b>CLAY</b>  10:00-11:00AM  <b>ZUMBA</b> KIKI
	10:00-10:45AM  <b>PARTY SPIN</b> PAULA		10:00-10:45AM  <b>PARTY SPIN</b> PAULA		
10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>	10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>	10:30-11:30AM  <b>YOGA</b> <b>CHERI</b>	10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>		
11:30-12:30PM  <b>CHAIR YOGA WITH</b> <b>BECKY</b>		12:15-1:00PM  <b>ZUMBA</b> <b>TAMMY</b>	11:30-12:30PM  <b>CHAIR YOGA WITH</b> <b>BECKY</b>		
1:00-2:00PM  <b>POWER</b> <b>PUMP</b> <b>TAMMY</b>					
	4:30-5:30PM  <b>DANCE</b> <b>TATIANA</b>				
5:30-6:30PM  <b>POWER</b> <b>PUMP</b> <b>CINDY S</b>	5:30-6:30PM  <b>CINDY S</b>   <b>MELISSA</b>	5:30-6:30PM  <b>HOUSE PARTY SPIN</b> <b>ESSENCE</b>  <b>CINDY S.</b>	5:30-6:00PM  <b>CLAY</b>   <b>TATIANA/ESSENCE</b>		
6:00-6:45PM  <b>ROCKY</b> 6:30-7:30pm  <b>YOGA</b> <b>SYDNEY</b>		6:30-7:30PM  <b>YOGA</b> <b>SYDNEY</b>			