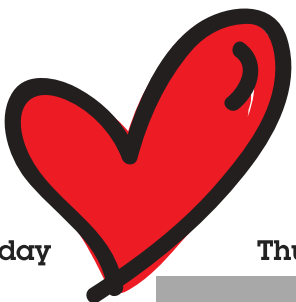


February 2018

GROUP FITNESS CALENDAR



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1 9:00am TRX Circuits - Vanessa 10:00am Yoga - Katherine 11:00am Cycle - Latham 4:30pm Fitball - Anna Maria 5:30pm Yoga - Ann	2 8:15am Total Body - Susan	3 9:00am Step - Anna Maria
5 8:15am Total Body - Susan 9:15am Pilates - Ainsley 5:30pm Body Shaping - Anna Maria	6 9:00am Body Power - Rebecca 10:00am Yoga - Katherine 11:00am Cycle - Latham 5:30pm Yoga - Ann	7 8:15am Total Body - Susan 9:15am Pilates - Ainsley 5:00pm TRX Circuits - Vanessa	8 9:00am TRX Circuits - Vanessa 10:00am Yoga - Katherine 11:00am Cycle - Latham 4:30pm Fitball - Anna Maria 5:30pm Yoga - Ann	9 8:15am Total Body - Candice 9:15am Pilates - Ainsley	4 5:00pm Yoga - Ann
12 8:15am Total Body - Susan 9:15am Pilates - Ainsley 5:30pm Body Shaping - Anna Maria	13 9:00am Body Power - Rebecca 10:00am Yoga - Katherine 11:00am Cycle - Vanessa 5:30pm Yoga - Ann	14 8:15am Total Body - Susan 9:15am Pilates - Ainsley 5:00pm TRX Circuits - Vanessa	15 9:00am TRX Circuits - Vanessa 10:00am Yoga - Katherine 11:00am Cycle - Latham 4:30pm Fitball - Anna Maria 5:30pm Yoga - Ann	16 8:15am Total Body - Candice 9:15am Pilates - Ainsley	10 9:00am Step - Anna Maria 11 5:00pm Yoga - Ann
19 8:15am Total Body - Candice 9:15am Pilates - Ainsley	20 9:00am Body Power - Rebecca 10:00am Yoga - Katherine 11:00am Cycle - Latham 5:30pm Yoga - Ann	21 8:15am Total Body - Susan 9:15am Pilates - Ainsley 5:00pm TRX Circuits - Vanessa	22 9:00am TRX Circuits - Vanessa 10:00am Yoga - Katherine 11:00am Cycle - Latham 4:30pm Fitball - Anna Maria 5:30pm Yoga - Ann	17 8:15am Total Body - Candice 9:15am Pilates - Ainsley	18 9:00am Step - Katrina 5:00pm Yoga - Ann
26 8:15am Total Body - Candice 9:15am Pilates - Ainsley 5:30pm Body Shaping - Anna Maria	27 9:00am Body Power - Rebecca 10:00am Yoga - Katherine 11:00am Cycle - Latham 5:30pm Yoga - Ann	28 8:15am Total Body - Candice 9:15am Pilates - Ainsley 5:00pm TRX Circuits - Vanessa		23 8:15am Total Body - Candice 9:15am Pilates - Ainsley	24 9:00am TRX Circuits - Vanessa 25 5:00pm Yoga - Ann