

# FEBRUARY SCHEDULE



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:00 am BOOTCAMP 12:00 pm BOOTCAMP 11:00 am STRETCH & FLOW CLASS
8:00 am YOGA-LATES 5:00 pm CANDLE LIGHT STRETCH	3 12:00 pm ONLINE COREDIO	10:30 am STRETCH & FLOW CLASS 6:30 pm BOOTCAMP 11:00 am ONLINE GAINS CLASS	5 12:00 pm ONLINE COREDIO	6 11:00 am ONLINE GAINS CLASS	7	7:00 am BOOTCAMP 12:00 pm BOOTCAMP 8 11:00 am STRETCH & FLOW CLASS
8:00 am YOGA-LATES 5:00 pm CANDLE LIGHT STRETCH	10 12:00 pm ONLINE COREDIO	10:30 am STRETCH & FLOW CLASS 6:30 pm BOOTCAMP 11:00 am ONLINE GAINS CLASS	12 12:00 pm ONLINE COREDIO	13 11:00 am ONLINE GAINS CLASS	14	7:00 am BOOTCAMP 12:00 pm BOOTCAMP 15 11:00 am STRETCH & FLOW CLASS
8:00 am YOGA-LATES 5:00 pm CANDLE LIGHT STRETCH	17 12:00 pm ONLINE COREDIO	10:30 am STRETCH & FLOW CLASS 6:30 pm BOOTCAMP 11:00 am ONLINE GAINS CLASS	19 12:00 pm ONLINE COREDIO	20 11:00 am ONLINE GAINS CLASS	21	7:00 am BOOTCAMP 12:00 pm BOOTCAMP 22 11:00 am STRETCH & FLOW CLASS
8:00 am YOGA-LATES 5:00 pm CANDLE LIGHT STRETCH	24 12:00 pm ONLINE COREDIO	10:30 am STRETCH & FLOW CLASS 6:30 pm BOOTCAMP 11:00 am ONLINE GAINS CLASS	26 12:00 pm ONLINE COREDIO	11:00 am ONLINE GAINS CLASS	28	