


# February Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Ride</b> 6:00am -60 min <b>Mandi</b>			
<b>Ab Lab</b> 8:30am -45 min <b>Marilu</b>	<b>BodyPump</b> 8:30am -60 min <b>Karen G.</b>	<b>Morning Ride</b> 8:30am -60 min <b>Marc</b>	<b>BodyPump</b> 8:30am-60min <b>Karen</b>	<b>Ultimate Conditioning</b> 8:30am-60 min <b>Victor</b>	<b>Endurance Ride</b> 9:30am-60 min <b>April / Clare</b>
<b>Bodyblast</b> 9:30am -60min <b>Jeffrey/Lisa</b>	<b>Cardio Conditioning</b> 10:00am - 60 min <b>Reggie</b>	<b>Chisel</b> 9:30am - 30 min <b>Victor</b>	<b>BodyFlow</b> 9:30am - 60 min <b>Karen G.</b>	<b>Interval Training</b> 9:45am - 60 min <b>Reggie</b>	<b>BodyPump</b> 10:30am-60 min <b>Kimberly</b>
<b>AB LAB</b> 5:30pm-30min <b>Lisa</b>		<b>AB LAB</b> 5:30pm -30 min <b>Jeffrey</b>			<b>Body Flow</b> 11:30am-60 min <b>Karen G</b>
<b>Spin</b> 6:15pm-60 min <b>Clare</b>	<b>Ultimate Conditioning</b> 5:30pm -60 min <b>Victor</b>	<b>Spin</b> 6:15pm-60 min <b>Clare</b>	<b>Spin</b> 5:45pm - 60 min <b>Clare</b>	<b>Zumba</b> 5:30pm-60 min <b>Jeffrey</b>	
<b>BodyPump</b> 6:30pm-60min <b>Lisa</b>		<b>BodyBlast</b> 6:00pm -60 min <b>Jeffrey</b>	<b>Zumba</b> 6:30pm-60 min <b>Cindy</b>		

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