



February 2018

Schedule is subject to change; changes/cancellations are announced at class and by email.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HIIT (High Intensity Interval Training) was named the "Biggest Fitness Trend for 2018"!!</p> <p><u>Classes are Now Offered 4 Times Each Week:</u></p> <p>- Tuesdays & Thursdays: 6:30-7:15am (Register online) - Mondays & Thursdays: 6:15-7:00pm</p>				<p>1</p> <p>HIIT 6:30-7:15am YogaLates 9:00-10:00am</p> <p>YogaLates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>2 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>3 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> <i>Barre/Yoga</i> 10:30-11:00</p> <p><i>Groove, Move & Soothe</i> 11:15-11:45</p>
<p>4</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>5 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>6 HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am</p> <p>Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>7 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>8</p> <p>HIIT 6:30-7:15am YogaLates 9:00-10:00am</p> <p>YogaLates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>9 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>10 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> <i>Barre/Yoga</i> 10:30-11:00</p> <p><i>Groove, Move & Soothe</i> 11:15-11:45</p>
<p>11</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>12 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>13 HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am</p> <p>Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>14 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>15</p> <p>HIIT 6:30-7:15am YogaLates 9:00-10:00am</p> <p>YogaLates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>16 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>17 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> <i>Barre/Yoga</i> 10:30-11:00</p> <p><i>Groove, Move & Soothe</i> 11:15-11:45</p>
<p>18</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>19 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>20 HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am</p> <p>Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>21 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>22</p> <p>HIIT 6:30-7:15am YogaLates 9:00-10:00am</p> <p>YogaLates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>23 Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p>24 Booty Barre 8:15-9:00am</p> <p><u>KIDS:</u> <i>Barre/Yoga</i> 10:30-11:00</p> <p><i>Groove, Move & Soothe</i> 11:15-11:45</p>
<p>25</p> <p>PowerCore Pilates 9:15-10:00</p>	<p>26 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p>27 HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am</p> <p>Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p>28 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p>IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU</p>		