

February 2021 GROUP FITNESS CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Bootcamp</u>	2 <u>5:45AM Strength</u> <u>8:30AM Barre</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	3 <u>5:30AM Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Barre</u>	4 <u>5:45AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	5 <u>5:30AM High/Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u>	6 <u>8:30AM Strength</u> <u>9:30AM High/Low Fitness</u>
7	8 <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Bootcamp</u>	9 <u>5:45AM Strength</u> <u>8:30AM Barre</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	10 <u>5:30AM Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Barre</u>	11 <u>5:45AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	12 <u>5:30AM High/Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	13 <u>8:30AM Strength</u> <u>9:30AM High Fitness</u>
14	15 Presidents' Day <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Bootcamp</u>	16 <u>5:45AM Strength</u> <u>8:30AM Barre</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	17 <u>5:30AM Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Barre</u>	18 <u>5:45AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	19 <u>5:30AM High/Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	20 <u>8:30AM Strength</u> <u>9:30AM High/Low Fitness</u>
21	22 <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Bootcamp</u>	23 <u>5:45AM Strength</u> <u>8:30AM Barre</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	24 <u>5:30AM Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> <u>5:30PM Barre</u>	25 <u>5:45AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Franciscan Health Care (CLOSED CLASS)</u> <u>5:30PM High Fitness</u>	26 <u>5:30AM High/Low Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	27 <u>8:30AM Strength</u> <u>9:30AM High Fitness</u>
28	1	2	3	4	5	6