

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	2 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	3 9:00AM HIGH FITNESS WITH HANNAH
4	5 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 minutes	6 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM**NO CLASS	7 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	8 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	9 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	10 8:30AM STRENGTH WITH KATIE
11	12 5:30AM**NO CLASS 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 minutes	13 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	14 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	15 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM** NO CLASS	16 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	17 **NO CLASS**
18	19 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM** NO CLASS	20 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM**NO CLASS	21 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	22 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	23 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	24 8:30AM STRENGTH WITH KATIE
25	26 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 minutes	27 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	28 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	29 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	1	2