

2024

February



Sun	Mon	Tue	Wed	Thu	Fri	Sat					
	CYCLE BARRE Monday 19th @ 12:30 What happens when you fuse two of your favorite classes? CYCLE BARRE! a 20 minute powerful ride combined with Barre toning exercises!			8:30 BARRE Danielle 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	8:30 BODY DESIGN Vickie 10:00 YOGA Teresa 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:00 BARRE Ann Marie	8:30 PEDAL & PUMP Jenny					
4	8:30 INTERVAL Karen 10:00 YOGA Kate 12:30 CYCLE FUSION Beth 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	5	6	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Jenny 6:30 YOGA Ann Marie	7	8	8:30 BARRE Danielle 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Millie 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	9	8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Nicole 5:00 BARRE Ann Marie	10	8:30 PEDAL & PUMP Mandy
11	8:30 OUT OF BOUNDS Millie 10:00 YOGA Kate 12:30 CYCLE FUSION Beth 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Karen 5:30 CYCLING Mandy 6:30 YOGA Jamie	12	13	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Jenny 6:30 YOGA Ann Marie	14	15	8:30 BARRE Danielle 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Millie 5:30 TOTAL BODY Jenny 6:30 GENTLE YOGA Ann Marie	16	8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Nicole 5:00 BARRE Ann Marie	17	8:30 PEDAL & PUMP Karen
18	8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 CYCLE BARRE Ann M. 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Ann M. 5:30 CYCLING Ann Marie 6:30 YOGA Jamie	19	20	8:30 TRIPLE TREAT Karen 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Jenny 6:30 YOGA Ann Marie	21	22	8:30 BARRE Danielle 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Millie 5:30 TOTAL BODY Danielle 6:30 GENTLE YOGA Ann Marie	23	8:30 BODY DESIGN Millie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:00 BARRE Ann Marie	24	8:30 PEDAL & PUMP Mandy
25	8:30 OUT OF BOUNDS Vickie 10:00 YOGA Kate 12:30 CYCLE FUSION Beth 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Karen 5:30 CYCLING Mandy 6:30 YOGA Jamie	26	27	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Jenny 6:30 YOGA Ann Marie	28	29	8:30 BARRE Nicole 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Millie 5:30 TOTAL BODY Danielle 6:30 GENTLE YOGA Ann Marie				