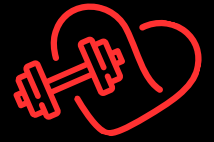




Class Schedule



FEBRUARY



2024

PEDAL + PUMP <small>**NO CLASS 2/16, 2/17 & 2/19</small>	
20-20-20 Spin + Weights + Core	
Monday	7:30AM to 8:30AM
Friday	7:30AM to 8:30AM
Saturday	7:30AM to 8:30AM

MAT PILATES <small>**NO CLASS 2/16 & 2/28</small>	
Monday	9:00AM to 10:00AM
Wednesday	9:00AM to 10:00AM
Friday	9:00AM to 10:00AM

<small>**INTRO TO SPIN BEGINS 2/08</small>	SPIN-IT <small>**NO CLASS 2/16, 2/17 & 2/19</small>
30-30 Spin + HIIT	
Wednesday	7:30AM to 8:30AM
Wednesday	4:30PM to 5:30PM
Thursday	4:30PM to 5:00PM >>INTRO TO SPIN<<

HIIT	
Monday	5:15PM to 6:15PM
Saturday	10:00AM to 11:00AM

YOGA <small>**NO CLASS 2/01</small>	
Tuesday	8:30AM to 9:30AM
Thursday	8:30AM to 9:30AM

ZUMBA	
Tuesday	5:15PM to 6:15PM
Thursday	5:15PM to 6:15PM
Saturday	8:45AM to 9:45AM