



Heavens elevated fitness



February Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			6:15 TABATA Lori 9:00 Step Power Michele 11:00Jointwrks Trish 6:00Crank'd/Core Salena	9:00On the Move leanne 9:00HIT Helen 10:05Restorative Jacq 5:3020/20/20 Jada 6:30Zumba Judith	9:00CardioUnlmt michele 9:45Core michele 11:00Jointwrks Trish 12:15Crank'd Trish	9:15Bootcamp Cathy 10:00Zumba Cathy
5	6	7	8	9	10	11
8:15 Crank'd Salena 9:30 CardioSurge Cathy	6:15 Crank'd lori 8:00 Move It tracy 9:00CS Power trish 10:00 PIC trish 11:00 Jointwrks tracy 5:30 Crank'd Trish 6:30 Zumba michele	9:00 On The Move trish 9:00 Cardio Explos tracy 10:05Restorative trish 5:30 HIT lori 6:30 PIC Laurie H	6:15 TABATA lori 9:00 Step Power michele 11:00Jointwrks trish 6:00Crank'd/Core meredith	9:00On the Move leanne 9:00HIT Michele 10:05Restorative jada 5:3020/20/20 jada 6:30Zumba jacq	9:00CardioUnlmt michele 9:45Core michele 11:00Jointwrks trish 12:15Crank'd trish	9:15Bootcamp michele 10:00Zumba michele
12	13	14	15	16	17	18
8:15 Crank'd nicole 9:30 CardioSurge nicole	6:15 Crank'd lori 8:00 Move It trish 9:00CS Power trish 10:00 PIC tracy 11:00 Jointwrks tracy 5:30 Crank'd laurie H 6:30 Zumba michele	9:00 On The Move trish 9:00 Cardio Explos morgan 10:05Restorative trish 5:30 HIT lori 6:30 PIC trish	6:15 TABATA lori 9:00 Step Power michele 11:00Jointwrks trish 6:00Crank'd/Core salena	9:00On the Move leanne 9:00HIT lori 10:05Restorative jacq 5:3020/20/20 jada 6:30Zumba jacq	9:00CardioUnlmt michele 9:45Core michele 11:00Jointwrks staff 12:15Crank'd elaine	9:15Bootcamp cathy 10:00Zumba cathy
19	20	21	22	23	24	25
8:15 Crank'd salena 9:30 CardioSurge Kim	6:15 Crank'd lori 8:00 Move It tracy 9:00CS Power trish 10:00 PIC trish 11:00 Jointwrks tracy Holiday Hours	9:00 On The Move trish 9:00 Cardio Explos tracy 10:05Restorative trish 5:30 HIT nicole 6:30 PIC nicole	6:15 TABATA lori 9:00 Step Power michele 11:00Jointwrks trish 6:00Crank'd/Core meredith	9:00On the Move leanne 9:00HIT michele 10:05Restorative jada 5:3020/20/20 jada 6:30Zumba judith	9:00CardioUnlmt michele 9:45Core michele 11:00Jointwrks nicole 12:15Crank'd nicole	9:15Bootcamp michele 10:00Zumba michele
26	27	28				
8:15 Crank'd nicole 9:30 CardioSurge nicole	6:15 Crank'd lori 8:00 Move It trish 9:00CS Power trish 10:00 PIC tracy 11:00 Jointwrks tracy 5:30 Crank'd Damir 6:30 Zumba michele	9:00 On The Move trish 9:00 Cardio Explos tracy 10:05Restorative trish 5:30 HIT lori 6:30 PIC trish				