

Feb							
LAAFB	MON	TUE	WED	THUR	FRI	SAT	SUN
Classes:			1	2	3	4	5
			1600- Lengthen/ Strengthen- Della	0530 - Chisel- Michele 0645- Yoga Strength Lisa 1600- Kickboxercise David 1700- Zumba Toning - Charrise			
	6	7	8	9	10	11	12
	0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea 1600- Lengthen/Strengthen- Della 1700 - Zumba - Charrise	0630- Cycle - Lisa 1600- Kickboxercise- David 1700- PiYo (Pilates/Yoga) - Della	1600- Lengthen/ Strengthen- Della	0530 - Chisel- Michele 0645- Yoga Strength Lisa 1600- Kickboxercise David 1700- Zumba Toning - Charrise			
	13	14	15	16	17	18	19
	0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea 1600- Lengthen/Strengthen- Della 1700 - Zumba - Charrise	0630- Cycle - Lisa 1600- Kickboxercise- David 1700- PiYo (Pilates/Yoga) - Della	1600- Lengthen/ Strengthen- Della	0530 - Chisel- Michele 0645- Yoga Strength Lisa 1600- Kickboxercise David 1700- Zumba Toning - Charrise			
	20	21	22	23	24	25	26
	President Day NO CLASSES	0630- Cycle - Lisa 1600- Kickboxercise- David 1700- PiYo (Pilates/Yoga) - Della	1600- Lengthen/ Strengthen- Della	0530 - Chisel- Michele 0645- Yoga Strength Lisa 1600- Kickboxercise David 1700- Zumba Toning - Charrise			
	27	28					
	0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea 1600- Lengthen/Strengthen- Della 1700 - Zumba - Charrise	0630- Cycle - Lisa 1600- Kickboxercise- David 1700- PiYo (Pilates/Yoga) - Della					

Feb							
Ft. MAC	MON	TUE	WED	THUR	FRI	SAT	SUN
Classes:			1	2	3	4	5
	1200 - Zumba - Andrea		0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea				
	6	7	8	9	10	11	12
	1200 - Zumba - Andrea		0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea				
	13	14	15	16	17	18	19
	1200 - Zumba - Andrea		0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea				
	20	21	22	23	24	25	26
	President's Day No Classes		0630- Circuit Training - Andrea 0730 -Ath Stretch - Andrea				
	27	28					
	1200 - Zumba - Andrea						