

January 2010

February 2010 ▶

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
53	December 2009	December 2009	December 2009	December 2009	December 2009	1	2
1	3	4	5 ♦ Fusion 9:30 ♦ Core Class 5:30 To 6:00	6 ♦ Cardio 9:15	7 ♦ Fusion 5:30 To 6:30	8	9 ♦ Kettlebell Class 11:00 To 12:00
	10	11 ♦ Nutrition Class 11:30 To 12:30 ♦ Nutrition Class 6:30 To 8:30	12 ♦ Cardio 9:30am ♦ Core Class 5:30 To 6:00 ♦ Yoga 6:15 To 7:30 ♦ Healthy Habits 6:30 To 7:30 Pm	13 ♦ Fusion 9:15am ♦ Nutrition Class 6:30 To 8:30	14 ♦ Kettlebell Class 5:30 To 6:30	15 ♦ Bosu 11:00 To 12:00	16
3	17	18 ♦ Nutrition Class 11:30 To 12:30 ♦ ReForm Physical Therapy - Free Seminar 7pm	19 ♦ Fusion 9:30 ♦ Core Class 5:30 To 6:00 ♦ Healthy Habits 6:30 To 7:30 Pm	20 ♦ Cardio 9:15 ♦ Nutrition Class 6:30 To 8:30	21 ♦ Cardio 5:30 To 6:30	22	23
	24	25 ♦ Kettlebell Class 9:30 To 10:30 ♦ Nutrition Class 11:30 To 12:30 ♦ Nutrition Class 6:30 To 7:30	26 ♦ Cardio 9:30am ♦ Core Class 5:30 To 6:00 ♦ Healthy Habits Class 6:30 To 7:30	27 ♦ Fusion 9:15am ♦ Nutrition Class 6:30 To 8:30	28 ♦ Nutrition 6:30 To 8:00	29	30 ♦ Yoga 9:00 ♦ Functional Strength Class 2:30 To 3:30
5	31	February 2010	February 2010	February 2010	February 2010	February 2010	February 2010

Today
 Cardio Classes
 Core Conditioning Classes
 Fusion Classes
 Yoga Classes
 General
 Nutrition Classes
 Skin Care