

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 ■ 4:00 PM Kettlebell III (advanced workout)	1 ■ 12:45 pm MS ■ 11:00 am HS ■ 1:45 pm 4/5th ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	2 ■ 5:15 PM Kettlebell II (intermediate 45 min)	3 ■ 12:45 pm MS ■ 1:45 pm 2/3rd ■ 11:00 am HS ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	4 ■ 11:00 HS o...or adventure ■ 8:15 AM Indoor Cycling (sign-up) ■ 9:30 AM Kettlebell I (beginner)	5 ■ 8:15 AM THE Workout Intermediate/Advanced	6
7 ■ 4:00 PM Kettlebell III (advanced workout)	8 ■ 1:45 pm 4/5th ■ 11:00 am HS ■ 12:45 pm MS ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	9 ■ 8:15 AM Indoor Cycling 45 min (sign-up) ■ 5:15 PM Kettlebell II (intermediate 45 min)	10 ■ 12:45 pm MS ■ 1:45 pm 2/3rd ■ 11:00 am HS ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	11 ■ 8:15 AM Indoor Cycling (sign-up) ■ 9:30 AM Kettlebell I (beginner)	12 ■ 8:15 AM THE Workout Intermediate/Advanced	13
14 ■ 4:00 PM Kettlebell III (advanced workout)	15	16 ■ 8:15 AM Indoor Cycling 45 min (sign-up) ■ 5:15 PM Kettlebell II (intermediate 45 min)	17 ■ 1:45 pm 2/3rd ■ 11:00 am HS ■ 12:45 pm MS ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	18 ■ 8:15 AM Indoor Cycling (sign-up) ■ 9:30 AM Kettlebell I (beginner)	19 ■ 8:15 AM THE Workout Intermediate/Advanced	20
21 ■ 4:00 PM Kettlebell III (advanced workout)	22 ■ 11:00 am HS ■ 1:45 pm 4/5th ■ 12:45 pm MS ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	23 ■ 8:15 AM Indoor Cycling 45 min (sign-up) ■ 5:15 PM Kettlebell II (intermediate 45 min)	24 ■ 1:45 pm 2/3rd ■ 11:00 am HS ■ 12:45 pm MS ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	25 ■ 8:15 AM Indoor Cycling (sign-up) ■ 9:30 AM Kettlebell I (beginner)	26 ■ 8:15 AM THE Workout Intermediate/Advanced	27
28 ■ 4:00 PM Kettlebell III (advanced workout)	1 ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	2 ■ 5:15 PM Kettlebell II (intermediate 45 min)	3 ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	4 ■ 8:15 AM Indoor Cycling (sign-up)	5 ■ 8:15 AM THE Workout Intermediate/Advanced	6