

# February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>Aqua</h1>				1	2
				8-Aqua Spin-MM 8:30-H2Otherapy- MK 9-Liquid Cardio- MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	8-Intense Cardio- DP
4 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM -Liquid Cardio-LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy-LC	5 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN <b>10:30-Aqua Tri- MM</b>	6 8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	7 8:30-H2Otherapy-MD 9:30-Intense Cardio-MD 10:30-H2Otherapy-KEL <b>10:30-Boga Bootcamp-JAMIE</b>	8 8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-MK 10-Yoga/Stretch-MK <b>10-Boga Basics/Stretch-JAMIE</b>	9 8-Intense Cardio- DP
11 8-Aqua Spin-MD 8:30-H2Otherapy- DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MK 6:30-Aqua Spin- MK 7-Liquid Cardio- LC <b>7:30 Boga Basics-MK</b> 8-AD H2Otherapy- LC	12 8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy- MOL <b>10:30-Aqua Tri- KEL</b>	13 8-Aqua Spin- MK 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10- Pilates- MD 5:30-Abs& Buns- LC <b>6:30-Aqua Tri- LC</b>	14 8:30-H2Otherapy-MD 9:30-Intense Cardio-MD 10:30-H2Otherapy- KEL <b>10:30-Boga Bootcamp-JAMIE</b>	15 8-Aqua Spin-MM 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	16 8-Intense Cardio- MM
18 8-Aqua Spin-MM 8:30-H2Otherapy-MOL 9-Liquid Cardio-MM 10-Circuits-KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC	19 8:30-H2Otherapy- MD 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN <b>10:30-Aqua Tri- MM</b>	20 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	21 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-JAMIE</b>	22 8-Aqua Spin-DAN 8:30-H2Otherapy-MM <b>9-Deep Water Dance-KEL</b> 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	23 8-Intense Cardio- LC
25 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD -Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> AD H2Otherapy- LC	26 8:30 H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN <b>10:30-Aqua Tri- MM</b>	27 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs & Buns- LC <b>6:30-Aqua Tri- LC</b>	28 8:30-H2Otherapy-MD 9:30-Intense Cardio-MD 10:30-H2Otherapy-KEL <b>10:30-Boga Bootcamp-JAMIE</b>	-Water shoes highly recommended for classes -Must have 6 people to sustain classes.	