

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 • 6am SPINNING w/Fionuala • 9:30am CROSS TRAINING w/Amy • 6pm YOGA w/Schinita	2 • 8:30am PILATES w/Chris • 9:30am SPINNING w/Chris • 11am YOGA 101 w/Schinita
3 • 8:15am YOGA w/Laura • 9:30am BOOT CAMP w/Chris • 11am YOGA w/Francesca	4 • 6am SPINNING w/Fionuala • 9:30am BOOT CAMP w/Chris • 6pm BOOT CAMP w/Chris • 7pm YOGA w/Gigi	5 • 5:30am TRX w/Chris • 9:30am YOGA w/Laura • 6pm PILATES w/Chris • 7pm SPINNING w/Johanna	6 • 6am SPINNING w/Fionuala • 9:30am BODY CONDITIONING w/Chris • 6pm HIIT w/Chris • 7pm YOGA w/Gigi	7 • 5:30am HIIT w/Chris • 9:30am YOGA w/Laura • 6pm SPINNING w/Kelly • 7pm TRX w/Chris	8 • 6am SPINNING w/Fionuala • 9:30am CROSS TRAINING w/Amy • 6pm YOGA w/Schinita	9 • 8:30am PILATES w/Chris • 9:30am SPINNING w/Chris • 11am YOGA 101 w/Schinita
10 • 8:15am YOGA w/Laura • 9:30am BOOT CAMP w/Chris • 11am YOGA w/Francesca	11 • 6am SPINNING w/Fionuala • 9:30am BOOT CAMP w/Chris • 6pm BOOT CAMP w/Chris • 7pm YOGA w/Gigi	12 • 5:30am TRX w/Chris • 9:30am YOGA w/Laura • 6pm PILATES w/Chris • 7pm SPINNING w/Johanna	13 • 6am SPINNING w/Fionuala • 9:30am BODY CONDITIONING w/Chris • 6pm HIIT w/Chris • 7pm YOGA w/Gigi	14 • 5:30am HIIT w/Chris • 9:30am YOGA w/Laura • 6pm SPINNING w/Kelly • 7pm TRX w/Chris	15 • 6am SPINNING w/Fionuala • 9:30am CROSS TRAINING w/Amy • 6pm YOGA w/Schinita	16 • 8:30am PILATES w/Chris • 9:30am SPINNING w/Chris • 11am YOGA 101 w/Schinita
17 • 8:15am YOGA w/Laura • 9:30am BOOT CAMP w/Chris • 11am YOGA w/Francesca	18 • 6am SPINNING w/Fionuala • 9:30am BOOT CAMP w/Chris • 6pm BOOT CAMP w/Chris • 7pm YOGA w/Gigi	19 • 5:30am TRX w/Chris • 9:30am YOGA w/Laura • 6pm PILATES w/Chris • 7pm SPINNING w/Johanna	20 • 6am SPINNING w/Fionuala • 9:30am BODY CONDITIONING w/Chris • 6pm HIIT w/Chris • 7pm YOGA w/Gigi	21 • 5:30am HIIT w/Chris • 9:30am YOGA w/Laura • 6pm SPINNING w/Kelly • 7pm TRX w/Chris	22 • 6am SPINNING w/Fionuala • 9:30am CROSS TRAINING w/Amy • 6pm YOGA w/Schinita	23 • 8:30am PILATES w/Chris • 9:30am SPINNING w/Chris • 11am YOGA 101 w/Schinita
24 • 8:15am YOGA w/Laura • 9:30am BOOT CAMP w/Chris • 11am YOGA w/Francesca	25 • 6am SPINNING w/Fionuala • 9:30am BOOT CAMP w/Chris • 6pm BOOT CAMP w/Chris • 7pm YOGA w/Gigi	26 • 5:30am TRX w/Chris • 9:30am YOGA w/Laura • 6pm PILATES w/Chris • 7pm SPINNING w/Johanna	27 • 6am SPINNING w/Fionuala • 9:30am BODY CONDITIONING w/Chris • 6pm HIIT w/Chris • 7pm YOGA w/Gigi	28 • 5:30am HIIT w/Chris • 9:30am YOGA w/Laura • 6pm SPINNING w/Kelly • 7pm TRX w/Chris	Notes	