



# GROUP EXERCISE & SPINNING

## THREE SPRINGS ROAD

### FEBRUARY 2019

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am		Total Tabata Joy H Spin Joy G	Spin Joy H	Total Tabata Joy H Spin Joy G	Spin Joy H	Total Tabata Joy H Spin Joy G	
8:20-9:20 am		Power Up Joy G	Spin Chandler RIPPED Ana	Power Up Allison	Spin Allison Tabata Strength Beth	F.I.T. Tina	Spin Chandler
9:30-10:30 am		Spin Tina	Yoga Sara	Spin Jennifer	Stretch and Flex Heather	Spin Tina	<u>Mind &amp; Body</u> 2/2 Stretch w/ Chandler 2/9 Yoga w/ Sara 2/16 Stretch w/ Chandler 2/23 Yoga w/ Sara
4:30-5:30 pm		RIPPED Regina	Zumba Ana	Stretch w/ Chandler	RIPPED Ana		
5:30-6:30 pm		Spin Regina	Spin Beth Strong by Zumba Ana	Zumba Grace	Spin Beth Strong by Zumba Ana		