

February Calendar 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join us Tuesdays-Saturdays 6 classes a week for \$49 unlimited or \$80 a punch card of 10.				1st 8:30 PILATES REFORM W/DENISE	2nd 9:00 A.M. BARREFFIT WITH Linda	3rd 8:15-9:05 PILATES Reform and Sculpt with Denise *Signature Class*
Please note: Tuesday/Thursday classes are at 8:30 and Wed/Friday a.m. classes are at 9:00 a.m.		8:30 MAX 45 all cardio with Linda 45 minutes	6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	8th 8:30 PILATES REFORM W/DENISE	9th 9:00 A.M. BARREFFIT WITH Linda	10th 8:15-9:05 PILATES Reform and Sculpt with Denise *Signature Class*
11th	12	13	14	15	16	17
		8:30 MAX 45 all cardio with Linda 45 minutes	6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	8:30 PILATES REFORM W/DENISE	9:00 a.m. Barrefit with LINDA	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
18	19th	20th	21	22	23	24
		8:30 MAX 45 all cardio with Linda 45 minutes	6 A.M PIYO w/Denise 9:00 Barrefit with Denise	8:30 PILATES REFORM W/DENISE	9:00 A.M. BARREFFIT WITH Linda	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
25	26	27	28th	March 1st	March 2nd	March 3rd
		8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6 a.m. PIYO with Denise 9:00 Barrefit with Denise	8:30 PILATES REFORM W/DENISE	9:00 a.m. BarrFIT with Linda	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*

Pilates Reform and Scu

First Time always Free
 Drop in \$10 Denise
 Punch Card 10 Classes *Signature Class*

X=Express Class 45 minutes