

FEBRUARY 2023

LAISSEZ LES BONS TEMPS ROULER



Whatever your goal, we can make it happen.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 5am BP Brandy 8:30 BP Kelli 10 SS Angie 5:30 BP Liz 6:30 Sprint Mark	2. 5am BS Lana 8:30 BF Dee 5:30 Shred Liz	3. 5am BC Brittany 8:30 BA Kelli	4.
Class Type BP-BODYPUMP BS-BODYSTEP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SPRINT-CYCLING SHRED - HIIT SS-SILVER SNEAKERS LES MILLS BODYATTACK LES MILLS BODYPUMP LES MILLS BODYCOMBAT LES MILLS BODYSTEP LES MILLS BODYFLOW  SilverSneakers 	6. 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	7. 5am BA Kelli 8:30 BS Mary 4:45 Shred Tenda 5:30 BC Stacie	8. 5am BP Brandy 8:30 BP Kelli/Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Brad	9. 5am BS Lana 8:30 BF Dee 5:30 Shred Liz	10. 5am BC Brittany 8:30 BA Kelli	11.
	13. 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	14. 5am BA Kelli 8:30 BS Mary 4:45 Shred Tenda 5:30 BC Stacie	15. 5am BP Brandy 8:30 BP Kelli/Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Lance	16. 5am BS Lana 8:30 BF Dee 5:30 Shred Liz	17. 5am BC Brittany 8:30 BA Kelli	18.
	20. 5am BP Brandy 8:30 BP Tenda 10 SS Cojo NO AFTERNOON CLASSES	21.  HAPPY MARDI GRAS	22. NO 5AM 8:30 BP Kelli/Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Mark	23. 5am BS Lana 8:30 BF Dee 5:30 Shred Liz	24. 5am BC Brittany 8:30 BA Kelli	25.
	27. 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	28. 5am BA Kelli 8:30 BS Mary 4:45 Shred Tenda 5:30 BC Stacie				

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