



February 2018 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes	2 12:00-12:30 Body Blast
5 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	6 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	7 12:00-12:30pm Total Body Tone	8 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	9 12:00-12:30pm Body Blast
12 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	13 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	14 12:00-12:30pm Tabata	15 12:00-12:30pm NO CLASS 4:30-5:30pm NO CLASS SPA NIGHT	16 12:00-12:30pm Body Blast
19 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	20 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	21 12:00-12:30pm Total Body Tone	22 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	23 12:00-12:30pm Body Blast
26 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	27 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	28 12:00-12:30pm Tabata		