

FEBRUARY SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
		1	2	3	4	5
		6am SPX Proformer 7am TRX/Kettlebell 8:30am SPX Proformer 9:30am Core Fusion 10:30am TRX/Kettlebell 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm TRX/Kettlebell 6pm SPX Proformer	6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am Core Fusion 6pm TRX/KB 4 OR MORE	7am SPX Proformer 4 OR MORE 8am Core Fusion 9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion	9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion 4 OR MORE
6	7	8	9	10	11	12
6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am SPX Proformer 10:30am Core Fusion 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm Core Fusion 6pm TRX/Kettlebell	6am SPX Proformer 7am TRX/Kettlebell 8:30am SPX Proformer 9:30am Core Fusion 10:30am TRX/Kettlebell 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm TRX/Kettlebell 6pm SPX Proformer	6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am Core Fusion 6pm TRX/KB 4 OR MORE	7am SPX Proformer 4 OR MORE 8am Core Fusion 9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion	9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion 4 OR MORE
13	14	15	16	17	18	19
6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am SPX Proformer 10:30am Core Fusion 5:30pm Core Fusion 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm SPX Proformer 6pm TRX/Kettlebell	6am SPX Proformer 7am TRX/Kettlebell 8:30am SPX Proformer 9:30am Core Fusion 10:30am TRX/Kettlebell 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm TRX/Kettlebell 6pm SPX Proformer	6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am Core Fusion 6pm TRX/KB 4 OR MORE	7am SPX Proformer 4 OR MORE 8am Core Fusion 9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion	9am SPX Proformer 10am TRX/Kettlebell 11am Core Fusion 4 OR MORE
20	21	22	23	24	25	26
6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am SPX Proformer 10:30am Core Fusion 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm Core Fusion 6pm TRX/Kettlebell	6am SPX Proformer 7am TRX/Kettlebell 8:30am SPX Proformer 9:30am Core Fusion 10:30am TRX/Kettlebell 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm TRX/Kettlebell 6pm SPX Proformer	6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am Core Fusion 6pm TRX/KB 4 OR MORE	STUDIO CLOSED	STUDIO CLOSED
27	28	29				
6am SPX Proformer 7am Core Fusion 8:30am TRX/Kettlebell 9:30am SPX Proformer 10:30am Core Fusion 5:30pm SPX Proformer 6:30pm TRX/Kettlebell	6am TRX/Kettlebell 7am SPX Proformer 8am TRX/Kettlebell 9am SPX Proformer 10am TRX Condition. 5pm Core Fusion 6pm TRX/Kettlebell	6am SPX Proformer 7am TRX/Kettlebell 8:30am SPX Proformer 9:30am Core Fusion 10:30am TRX/Kettlebell 5:30pm SPX Proformer 6:30pm TRX/Kettlebell				