

February 2010

Mon	Tue	Wed	Thu	Fri
1 •NO AM TBC •Abs 5:00 (L) •TBC 5:15 (L)	2 •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (L)	3 •Pilates 9:00 (L) •Intro to Step 4:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	4 •Water Exercise 8:30 am (S) •Circuit 4:00 (S)	5 •TBC 9:00 (S) •Bubble Lady Yoga 9-10:15 6
8 •TBC 9:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	9 •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (L)	10 •Pilates 9:00 (L) •Intro to Step 4:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	11 •Water Exercise 8:30 am (S) •Circuit 4:00 (S)	12 •TBC 9:00 (S) •Bubble Lady Yoga 9-10:15 13
15 •TBC 9:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	16 •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (L)	17 •Pilates 9:00 (L) •Intro to Step 4:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	18 •Water Exercise 8:30 am (S) •Circuit 4:00 (S)	19 •TBC 9:00 (S) •Bubble Lady Yoga 9-10:15 20
22 •TBC 9:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	23 •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (L)	24 •Pilates 9:00 (L) •Intro to Step 4:00 (S) •Abs 5:00 (L) •TBC 5:15 (L)	25 •Water Exercise 8:30 am (S) •Circuit 4:00 (S)	26 •TBC 9:00 (S) •Bubble Lady Yoga 9-10:15 27

