

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		FEBRUARY 2017	1 5:00am Body ROCK 5:30pm Body JAM 6:30pm Just Like YOGA	2 5:00am Body ROCK 9:30am Zumba Gold 5:30pm BODY SHRED 6:10pm Cycling 6:45pm FLT Team C	3 8:30am FLT Team A 9:30am Gold Toning 5:30pm Team Training	4 8:00am P90X Live
5 6:30pm Cardio Kick Boxing with Jen	6 8:30am FLT Team A 10:30 Zumba Gold 5:30pm Cycling 5:30pm FLT Team B 6:30pm ZUMBA	7 5:00am STRONG by Zumba 5:30pm P90X Live 6:45pm FLT Team C	8 5:00am Body ROCK 5:30pm Body JAM 6:30pm Just Like YOGA	9 5:00am Body ROCK 9:30am ZUMBA Gold 5:30pm BODY SHRED 6:10pm Cycling 6:45pm FLT Group C	10 8:30am FLT Team A 9:30am Gold Toning 5:30pm Team Training	11 8:00am Insanity
12 6:30pm Cardio Kick Boxing with Jen	13 8:30am FLT Team A 10:30 Zumba Gold 5:30pm Cycling 5:30pm FLT Team B 6:30pm ZUMBA	14 5:00am STRONG by Zumba 5:30pm Insanity 6:45pm FLT Team C	15 5:00am Body ROCK 5:30pm Body JAM 6:30pm Just Like YOGA	16 5:00am Body ROCK 9:30am Zumba Gold 5:30pm BODY SHRED 6:10pm Cycling 6:45pm FLT Team C	17 8:30am FLT Team A 9:30am Gold Toning 5:30pm Team Training	18 8:00am P90X Live
19 6:30pm Cardio Kick Boxing with Jen	20 8:30am FLT Team A 10:30am NO ZGOLD 5:30pm Cycling 5:30pm FLT Team B 6:30 NO ZUMBA	21 5:00am NO CLASS 5:30pm P90X Live 6:45pm FLT Team C	22 5:00am NO CLASS 5:30pm Body JAM 6:30pm Just Like YOGA	23 5:00am Body ROCK 9:30am ZUMBA Gold 5:30pm BODY SHRED 6:10pm Cycling 6:45pm FLT Team C	24 8:30am FLT Team A 9:30am Gold Toning 5:30pm STRONG By Zumba	25 8:00am TONE IT UP
26 6:30pm Cardio Kick Boxing with Jen	27 8:30am FLT Team A 10:30am Zumba Gold 5:30pm FLT Team B 5:30pm NO CLASS 6:30pm Zumba	28 5:00am STRONG by Zumba 5:30pm Butt & Gut/Cardio Craze 6:45pm FLT Team C				607-222-2022 Greenefitcenter1@yahoo.com