

HOURS OF OPERATION

Monday, Wednesday, Friday 7am – 4pm

Tuesday, Thursday 7 am – 7 pm



WEST VIEW
WELLNESS CENTER

FEBRUARY LAND CLASSES 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Firm Body Mat-9a-9	3 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p	4 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	5 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a- 12:30p	6 SS Classic – Nena 10:30a-11:15a
9 Firm Body Mat-9a-9:45a Belinda	10 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p	11 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	12 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	13 SS Classic – Nena 10:30a-11:15a
16 Firm Body Mat-9a-9:45a Belinda	17 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	18 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	19 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	20 SS Classic – Nena 10:30a-11:15a
23 Firm Body Mat-9a-9:45a Belinda	24 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	25 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p OUT	26 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	27 SS Classic – Nena 10:30a-11:15a

CLASSES SUBJECT TO CHANGE DAILY