

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 1	30 6:30PM GLOW CLASS	31 6:00AM BOOT 14 - Class 2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	1	2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	3
4	5 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	6 6:30PM GLOW CLASS	7 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	8	9 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	10
11	12 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	13 6:30PM GLOW CLASS	14 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	15	16 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	17
18	19 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	20 6:30PM GLOW CLASS	21 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	22	23 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	24
25	26 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	27 6:30PM GLOW CLASS	28 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	1	2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	3