



FEBRUARY

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 6 - 6:45 AM	VIRTUAL RPM 7 - 7:45 AM	VIRTUAL RPM 7 - 7:45 AM	VIRTUAL RPM 7 - 7:45 AM
VIRTUAL RPM 7 - 7:45 AM	RPM 7 - 7:45 AM <i>Kari</i>	VIRTUAL RPM 7 - 7:45 AM	RPM 7 - 7:45 AM <i>Kari</i>	SPIN & SCULPT 8 - 8:45 AM <i>Diana</i>	RPM 8 - 8:45 AM <i>Mitsuko</i>	RPM 9 - 9:45 AM <i>Diana/Nelly</i>
SPIN&SCULPT 8 - 8:45 AM <i>Mitsuko</i>	POWER SPIN 9:30 - 10:15 AM <i>Mitsuko</i>	SPIN & SCULPT 8 - 8:45 AM <i>Mitsuko</i>	POWER SPIN 9:30 - 10:15 AM <i>Diana</i>	VIRTUAL RPM 12:30 - 1:15 PM	POWER SCULPT 10 - 10:45 AM <i>Diana</i>	POWER SPIN 10 - 10:45 AM <i>Janka/Terri</i>
VIRTUAL RPM 11 - 11:45 AM	VIRTUAL RPM 11:00 - 11:45 AM	VIRTUAL RPM 11 - 11:45 AM	VIRTUAL RPM 11 - 11:45AM	VIRTUAL RPM 3 - 3:45PM	VIRTUAL RPM 12 - 12:45 PM	VIRTUAL RPM 1 - 1:45 PM
RPM EXPRESS 12:15 - 12:45 PM <i>Terri</i>	HIIT SPIN 12:30 - 1:00 PM <i>Diana</i>	POWER SCULPT 12:15 - 12:45 PM <i>Megan</i>	HIIT SPIN 12:30 - 1:00 PM <i>Mitsuko</i>		VIRTUAL RPM 3 - 3:45 PM	VIRTUAL RPM 3 - 3:45 PM
VIRTUAL RPM 3 - 3:45 PM	VIRTUAL RPM 3:30 - 4:15 PM	VIRTUAL RPM 3 - 3:45 PM	VIRTUAL RPM 3:30 - 4:15 PM			
VIRTUAL RPM 4:30 - 5:15PM	POWER SCULPT 5 - 5:45 PM <i>Janka</i>	RPM 6 - 6:45 PM <i>Terri</i>	POWER SCULPT 5 - 5:45 PM <i>Janka</i>			
HIIT SPIN 6 - 6:30 PM <i>Jennifer</i>	VIRTUAL RPM 7 - 7:45 PM					
VIRTUAL RPM 7 - 7:45 PM						

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					C TEAM CLINIC 9:00 - 10:30 PM \$20 / Member <i>Alice</i>	
	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS RED 4:00 - 5:30PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i>	LIVE BALL CLINIC 11:00 - 12:00 PM \$20 / Member <i>Brian</i>	

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10 - 10:50 AM \$30 / Member <i>Shauna</i>	REFORMER SCULPT 7 - 7:50 AM \$30 / Member <i>Paris</i>	CLASSIC REFORMER 10 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10 - 10:50 AM \$30 / Member <i>Shauna</i>	ADVANCED REFORMER 10 - 10:50 AM \$30 / Member <i>Paris</i>	
REFORMER SCULPT 12 - 12:50 PM \$30 / Member <i>Shauna</i>	M.E. SCULPT 9 - 9:50 AM \$30 / Member <i>Amanda C.</i>	RESTORATIVE REFORMER 12 - 12:50 PM \$30 / Member <i>Leah</i>		CARDIO JUMPBOARD 12 - 12:50 PM \$30 / Member <i>Shauna</i>		
M.E. SCULPT 6 - 6:50 PM \$30 / Member <i>Paris</i>	CARDIO JUMPBOARD 10 - 10:50 AM \$30 / Member <i>Amanda C.</i>	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Paris</i>				