

February 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:25a Pilates 9:15a Pilates
2	6:30a Pilates 3 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 4 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 5 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	6	7	8 8:25a Pilates 9:15a Pilates
9	6:30a Pilates 10 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 11 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 12 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	13	14	15 8:25a Pilates 9:15a Pilates
16	6:30a Pilates 17 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 18 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 19 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	20	21	22 8:25a Pilates 9:15a Pilates
23	6:30a Pilates 24 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 25 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 26 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	27	28	

February 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9a Pietra Fitness 10:15a Core Conditioning
2	3 8:30a Strength 9:30a Strength 5:30p Fitness 101	4 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	5 9:30a Core Conditioning 10:30a Fitness 101	6 7:25a Strength 8:30a Strength 5:30p Fitness 101	7 8:30a Flexibility 10:30a Fitness 101	8 9a Pietra Fitness 10:15a Core Conditioning
9	10 8:30a Strength 9:30a Strength 5:30p Fitness 101	11 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	12 9:30a Core Conditioning 10:30a Fitness 101	13 7:25a Strength 8:30a Strength 5:30p Fitness 101	14 8:30a Flexibility 10:30a Fitness 101	15 9a Pietra Fitness 10:15a Core Conditioning
16	17 8:30a Strength 9:30a Strength 5:30p Fitness 101	18 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	19 9:30a Core Conditioning 10:30a Fitness 101	20 7:25a Strength 8:30a Strength 5:30p Fitness 101	21 8:30a Flexibility 10:30a Fitness 101	22 9a Pietra Fitness 10:15a Core Conditioning
23	24 8:30a Strength 9:30a Strength 5:30p Fitness 101	25 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	26 9:30a Core Conditioning 10:30a Fitness 101	27 7:25a Strength 8:30a Strength 5:30p Fitness 101	28 8:30a Flexibility 10:30a Fitness 101	