



\*DENOTES RESERVE YOUR SPOT AT MINDBODY CONNECT FREE APP



	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	<b>8:00 YOGA SCULPT</b> (Chessi) <b>8:15 SPIN HIIT*</b> (Sherwin)	<b>5:30 BODYPUMP</b> (Brooke) <b>8:15 RPM*</b> (Sherwin) <b>8:30 CHISEL IT!</b> (Danye) 30 min	<b>8:15 SPIN HIIT*</b> (Kaye)	<b>5:30 BODYPUMP</b> (Brooke) <b>8:15 RPM*</b> (Sherwin) <b>8:30 CHISEL IT!</b> (Lauren) 30 min	<b>5:30 HIIT</b> (Robin) <b>8:00 HARDCORE CHALLENGE</b> (Kaye) 15 mins <b>8:15 CARDIO KICKBOXING</b> (Kaye) 45 min	<b>8:30 SPIN HIIT*</b> (Kaye/Myesha/Jamie)	
9:00 AM	<b>CELEB BARRE</b> (Lauren)	<b>BODYPUMP</b> (Lauren)	<b>CELEB BARRE</b> (Lauren)	<b>BODYPUMP</b> (Lauren)	<b>CELEB BARRE</b> (Lauren)	<b>9:30 BODYPUMP</b> (Robin/Colin/Kristina)	
10:15 AM	<b>SLEEK STRETCH</b> (Lauren) 20 min		<b>ABS BLAST</b> (Lauren) 15 min		<b>HARDCORE CHALLENGE</b> (Lauren) 15 min	<b>10:45 BARRE TAB</b> (Mary) (10th, 17th & 24th)	
12:00 PM	<b>CARDIO KICKBOXING</b> (Kaye)	<b>STEP IT UP BARRE</b> (Kaye)	<b>WHINE BARRE/SLEEK PILATES</b> (Mary/Lauren)	<b>CELEB BARRE</b> (Lauren)	<b>YOGI BARRE</b> (Chessi)		
4:30 PM	<b>CELEB BARRE</b> (Lauren)	<b>CELEB BARRE</b> (Lauren)	<b>BARRE FIGHT</b> (Brooke)	<b>BODYPUMP</b> (Colin/Lauren)			
5:40 PM	<b>BARRE FIGHT</b> (Brooke)	<b>5:30 SPIN HIIT*</b> (Jamie) 45 min <b>5:40 CELEB BARRE</b> (Lauren)	<b>5:30 RPM*</b> (Brandie) <b>5:40 CELEB BARRE</b> (Lauren)	<b>5:40 WHINE BARRE/SLEEK PILATES</b> (Mary)			
		<b>6:20 SPIN*</b> (Myesha)		<b>6:20 SPIN*</b> (Myesha)			

**ANNOUNCEMENTS:**

**LAUNCH DAY SAT. FEB 3RD**  
 "Let the good times row!"  
 8:30 AM - RPM\*  
 9:30 AM - BODYPUMP 104  
 \*WEAR MARDI GRAS COLORS\*

♥ **SATURDAY FEB. 10TH** ♥  
 Bring your Valentine with you to any class today for HEART HEALTH MONTH!

**SATURDAY FEB. 24TH**  
 8:45 AM SPECIAL NEW CLASS! Barre Babies with Lauren  
 \*BRING YOUR LITTLE ONE 2 & UNDER WHILE YOU EXERCISE\*

11:45 AM Mommy & Me Princess CELEB BARRE with Lauren  
 \*DRESS UP LIKE YOUR FAVORITE PRINCESS\*

**\*\*PLANK CHALLENGE ALL MONTH!\*\***