

FEBRUARY

PULSEology

FITNESS CLUB

Group X (Studio 1)

MON**TUE****WED****THUR****FRI****SAT****SUN**

7:30 AM
**LesMills
BODYPUMP**
(Pam)

7:30 AM
tone
(Pam)

7:30 AM
**LesMills
BODYPUMP**
(Pam)

7:30 AM
**HIIT, CORE &
RECOVERY**
(Pam)

5:30 AM
**HIIT Strength
(Brooke)**

8:30 AM
TABATA
(Shelley)

8:30 AM
KICKBOXING
(Joy)

8:30 AM
**LesMills
BODYPUMP**
(Tovah)

8:30 AM
tone
(Pam)

8:30 AM
**LesMills
BODYCOMBAT**
(Tovah)

9:30 AM
TOTAL BODY TONE
(Shelley)

9:30 AM
ZUMBA
(Patricia)

9:30 AM
TABATA
(Joy)

9:30 AM
ZUMBA
(Chikis)

9:30 AM
**LesMills
BODYPUMP**
(Pam)

10:30 AM
**ZUMBA
toning**
(Janine)

10:30 AM
CORE IGNITE
(Ryan)

10:30 AM
Tone & Crunch
(Joy)

11:30 AM
SILVER SNEAKERS
(Ryan)

10:30 AM
ZUMBA
(Chikis)

11:30 AM
SILVER SNEAKERS
(Caroline)

11:30 AM
SILVER SNEAKERS
(Caroline)

11:30 AM
SILVER SNEAKERS
(Caroline)

3:30 PM
ZUMBA
(Melissa)

3:30 PM
ZUMBA
(Chikis)

6:00 PM
**LesMills
BODYPUMP**
(Brooke)

6:00 PM
Body Blast Bootcamp
(Joy)

5:30 PM
**LesMills
BODYPUMP**
(Brooke)

8:00 AM
BUILD & BURN
(Joy)

9:00 AM
ZUMBA
(Janine)

10:00 AM
**LesMills
BODYPUMP**
(ROTATING - SEE APP)

FEBRUARY

PULSEology

FITNESS CLUB

YOGA/SPIN

(Studio 2)

MON**TUE****WED****THUR****FRI****SAT****SUN****8:30 AM**

STRETCH &
RECOVER (30 MINS)
(ALISON)

8:30 AM

VINYASA FLOW
(CAROLINE)

8:30 AM

VINYASA FLOW
(CAROLINE)

8:00 AM

FLOW & STRETCH
(JESSICA)

9:30 AM

INSPIRED YOGA
(SOHEILA)

9:30 AM

CORE YOGA FLOW
(JESSICA)

9:45 AM

CYCLE
(JOE)

9:30 AM

BOOTY BARRE
(JOY M.)

9:30 AM

BARRE & BEYOND
(DELANIE)

10:30 AM

CORE YOGA FLOW
(JESSICA)

10:35 AM

CYCLE
(DELANIE)

5:00 PM

MAT PILATES
(BROOKE)

5:30 PM

CYCLE & SCULPT
(DELANIE)

6:00 PM

FLOW & STRETCH
(BENEDICTE)

6:00 PM

RESTORATIVE
CANDLELIGHT
YOGA
SHEA

6:00 PM

BARRE & BEYOND
(DELANIE)