



FEBRUARY 2017 CLASS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
			1 KB Express 6A Powerbells 10A Core Strength & Mobility 6P	2 Powerbells 5:30 P	3 KB Express 6A Core Strength & Mobility 10A	4 Powerbells 9A Yoga 9:45 A
5	6 KB & Mobility 10A KB & Mobility 6P	7 Circuits 5:30 P	8 KB Express 6A Circuits 10A KB & Mobility 6P	9 Powerbells 5:30 P Yoga 6:15 P	10 KB Express 6A Core Strength & Mobility 10 A	11 Circuits 9A Dave Reeman bodywork Systema 2-4P
12 Dave Reeman bodywork Women's Self Defense 2-4P	13 KB & Mobility 10A Circuits 6P	14 KB & Mobility 5:30	15 KB Express 6A Powerbells 10A Core Strength & Mobility 6P	16 Powerbells 5:30 P	17 KB Express 6A Core Strength & Mobility 10 A	18 Powerbells 9A Yoga 9:45 A
19	20 KB & Mobility 10A KB & Mobility 6P	21 Circuits 5:30 P	22 KB Express 6A Circuits 10A KB & Mobility 6P	23 Powerbells 5:30 P Yoga 6:15 P	24 KB Express 6A Core Strength & Mobility 10A	25 Circuits 9A
26 Yoga Workshop 2-3:30 P	27 KB & Mobility 10A Circuits 6P	28 KB & Mobility 5:30 P				