

Upstairs

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---------------------------------|---------------------------------------|--|-----|---|
| | | | | | 1 | 2 9:00 HIIT Training Joanna |
| 3 | 4 8:30 Cut-N-Sweat Meredith 5:45 Triple Threat Amber | 5 5:30 Cut-N-Sweat Johna | 6 8:30 Cardio Int. Meredith | 7 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Meredith | 8 | 9 9:00 HIIT Training Joanna |
| 10 | 11 8:30 Cut-N-Sweat Meredith 5:45 Triple Threat Amber | 12 5:30 Cut-N-Sweat Johna | 13 8:30 Cardio Int. Meredith | 14 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Meredith | 15 | 16 9:00 HIIT Training Mamie |
| 17 | 18 8:30 Cut-N-Sweat Meredith 5:45 Triple Threat Amber | 19 5:30 Cut-N-Sweat Johna | 20 8:30 Cardio Int. Meredith | 21 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Meredith | 22 | 23 9:00 HIIT Training Joanna |
| 24 | 25 8:30 Cut-N-Sweat Meredith 5:45 Triple Threat Amber | 26 5:30 Cut-N-Sweat Johna | 27 8:30 Cardio Int. Meredith | 28 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Meredith | | |