





# Downstairs Schedule

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 12:10 H.I.I.T. Michelle	2
3	4 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	5 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	6 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	7 12:10 Cut-N-Tone Michelle	8 12:10 H.I.I.T. Michelle	9
10	11 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	12 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	13 5:15 am MX Terry 12:10 Step & Spin Michelle	14 12:10 Cut-N-Tone Michelle	15 12:10 H.I.I.T. Michelle	16
17	18 5:15 am Muscle X Terry 12:10 Circuit Training: Meredith 5:45 Zumba Sam	19 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	20 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	21 12:10 Cut-N-Tone Michelle	22 12:10 H.I.I.T. Michelle	23
24	25 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	26 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	27 5:15 am MX Terry 12:10 Step & Spin Michelle	28 12:10 Cut-N-Tone Michelle		