



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30a - Yoga w. Cara 5:30p - Cycling w. Tracey	2 10:00a - Strength & Conditioning w. Ryan 11:00a - Restorative Pilates w. Marilyn	3 11:00a - Power Pilates w. Kiri	4 10:00a - Yoga w. Cara 12:00p - Cycling w. Ryan
5 11:00a - HIIT w. Crispin 11:30a - Abs & Core w. Crispin	6 9:30a - Yoga w. Cara 5:30p - Cycling w. Ryan 6:30p - TreadFit w. Michael	7 10:00a - Strength & Conditioning w. Ryan 11:00a - Core & Flow Pilates w. Kiri	8 9:30a - Yoga w. Cara 5:30p - Cycling w. Tracey	9 10:00a - Strength & Conditioning w. Ryan 11:00a - Restorative Pilates w. Marilyn	10 11:00a - Power Pilates w. Kiri	11 10:00a - Yoga w. Cara 12:00p - Cycling w. Ryan
12 11:00a - HIIT w. Crispin 11:30a - Abs & Core w. Crispin	13 9:30a - Yoga w. Cara 5:30p - Cycling w. Ryan 6:30p - TreadFit w. Michael	14 10:00a - Strength & Conditioning w. Ryan 11:00a - Core & Flow Pilates w. Kiri	15 9:30a - Yoga w. Cara 5:30p - Cycling w. Tracey	16 10:00a - Strength & Conditioning w. Ryan 11:00a - Restorative Pilates w. Marilyn	17 11:00a - Power Pilates w. Kiri	18 10:00a - Yoga w. Cara 12:00p - Cycling w. Ryan
19 11:00a - HIIT w. Crispin 11:30a - Abs & Core w. Crispin	20 9:30a - Yoga w. Cara 5:30p - Cycling w. Ryan 6:30p - TreadFit w. Michael	21 10:00a - Strength & Conditioning w. Ryan 11:00a - Core & Flow Pilates w. Kiri	22 9:30a - Yoga w. Cara 5:30p - Cycling w. Tracey	23 10:00a - Strength & Conditioning w. Ryan 11:00a - Restorative Pilates w. Marilyn	24 11:00a - Power Pilates w. Kiri	25 10:00a - Yoga w. Cara 12:00p - Cycling w. Ryan
26 11:00a - HIIT w. Crispin 11:30a - Abs & Core w. Crispin	27 9:30a - Yoga w. Cara 5:30p - Cycling w. Ryan 6:30p - TreadFit w. Michael	28 10:00a - Strength & Conditioning w. Ryan 11:00a - Core & Flow Pilates w. Kiri				

