



FEBRUARY 2012 CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 530PM Bootcamp 630 Bootcamp	31	1 530PM Bootcamp 630 Bootcamp	2 530PM Bootcamp 630 Bootcamp	3	4
5	6 530PM Bootcamp 630 Bootcamp	7	8 530PM Bootcamp 630 Bootcamp	9 530PM Bootcamp 630 Bootcamp	10	11
12	13 530PM Bootcamp 630 Bootcamp	14	15 530PM Bootcamp 630 Bootcamp	16 530PM Bootcamp 630 Bootcamp	17	18
19	20 530PM Bootcamp 630 Bootcamp	21	22 530PM Bootcamp 630 Bootcamp	23 530PM Bootcamp 630 Bootcamp	24	25
26	27 530PM Bootcamp 630 Bootcamp	28	29 530PM Bootcamp 630 Bootcamp	1 530PM Bootcamp 630 Bootcamp	2	3
5	Bootcamp: Tone, sculpt and burn the fat with our unique fusion of resistance training, plyometrics, speed intervals, kettlebell work, core conditioning and more.					