

February Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 8:45am Circuit Training :	3 8:15am Cardio Dance 9:15am Barre	1 8:45am Bootcamp	2 8:15 Step w/Style 9:15am Strictly Strength	3
4	5 8:15am Cardio Tabata 9:00am Barre	6 8:45am Circuit Training	17 8:15am Cardio Dance 9:15am Barre	8 8:45am Boot Camp	9 8:15 Step w/Style 9:15am Strictly Strength	10
11	12 8:15a Cardio Tabata 9:00am Barre	13 8:45am Circuit- Training	14 8:15am Cardio Dance 9:15am- Barre	15 8:45am Bootcamp	16 8:15 Step W/Style 9:15am Strictly strength	17
18	19 8:15am – Cardio Tabata 9:00am - Barre	20 8:45am Circuit Training	21 8:15am Cardio Dance 9:15am Barre	22 8:45am Bootcamp	23 8:15 Step w/Style 9:15 Strictly strength	24
25	26 8:15am- Cardio Tabata 9:00am Barre	27 8:45am Circuit Training	28 8:15am Cardio Dance 9:15am Barre	20 8:45am Bootcamp		

Unlimited Classes Monthly Fee: \$40

Drop-in Rate: \$10 / per class

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