



WINTER 2019

Schedule Jan 1st - Feb 28th

Any class with less than 6 in attendance is revamped for the next mth or removed from calendar

MONDAY

5:00 AM Cardio Bootcamp
8:30 AM Kallie Kombo
9:30 AM YogaCore
4:30PM Dance & Tone
5:30 PM Lift IT (30/30)
5:30 PM Spin (30/30)

TUESDAY

8:30 AM Melanie Mashup
4:30 PM Express SPIN
5:00 PM Express SPIN
5:30 PM Dance PLUS
6:30 PM Vinyasa Yoga

WEDNESDAY

5:00 AM Weights Bootcamp
8:30 AM Hip Hop Abs
9:30 AM Beginner Spinner
4:30 PM Butts & Guts
5:30 PM SPIN with Sim
5:30 PM Kallie Kombo

THURSDAY

8:30 AM Let's LIFT IT
5:30 PM Out The Box
5:30 PM Restorative Yoga

SATURDAY FEB 2, 9, 16, 23

FRIDAY

5:00 AM Express Spin/CIRCUIT
5:30 AM CIRCUIT/ Express Spin
8:30 AM Hip Hop Tone
9:30 AM Barre Necessities

8:30 AM Interval Combo

DAYCARE HOURS

MON WED FRI 8:15 - 10:45 AM
TUES THU SAT 8:15 - 10 AM
MON TUES WED 4:15 - 6:45 PM
THU 5:15 - 6:45 PM

FEBRUARY MONTHLY UPDATE

Shake: Chocolate Covered Strawberry

Health Screenings Wed. Feb 20th

Sale of the month: 20% off all
Pink & RED retail including Q96

SprayTan Special \$35

Ask about our 2hr Shower Spray

Share the Love Bring your Guests

Snap IT Game still happening...

Free shake if it's your birthday month!