

DYNAMIC & YOGA FITNESS CENTER

February 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
4	5	6	7	8	9	10
	5:45 Cycling 8:30 Bootcamp 12:15 Slow Flow Yoga 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
11	12	13	14	15	16	17
	5:45 Cycling 8:30 Bootcamp 12:15 Slow Flow Yoga 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
18	19	20	21	22	23	24
	5:45 Cycling 8:30 Bootcamp 12:15 Slow Flow Yoga 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
25	26	27	28			
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notes						
notes	30 Minute Class					