

arbor fit club

Febuary

All GroupX classes are FREE with your AFC membership or \$15 drop-in fee!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:00a Cycling Beth 11:30a DanceFit Victoria 1:00p Yoga Diane	29 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Kelly	30 6:30a Bodypump Sharon 7:45 Yagalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Mara 7:40p Yoga Eliza	31 7:00a Cycle Beat Sharon 9:00a Bodypump Cindy 10:10 Piyo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	1 12:00p Cycle Jill 5:30p Bodypump Mara 6:30p Cycle Kathryn 7:30p Yoga Eliza	2 6:00a Boot Camp Brent 9:00 Cycling Michael 5:30 Zumba Javon	3 8:00a Bodypump Mara 10:10a Bodypump Cindy 11:30a Zumba Javon
4 10:00a Cycling Beth 11:30a DanceFit Victoria 1:00p Yoga Diane	5 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Kelly	6 6:30a Bodypump Sharon 7:45 Yagalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Mara 7:40p Yoga Eliza	7 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 10:10 Piyo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	8 11:00 BP Express Cindy 12:00p Cycle Jill 5:30p Bodypump Mara 6:30p Cycle Kathryn 7:30p Yoga Eliza	9 6:00a Boot Camp Brent 9:00 Cycling Michael 10:10a Bodypump Laqueeta 5:30 Zumba Javon	10 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy 11:30a Zumba Javon
11 10:00a Cycling Beth 11:30a DanceFit Victoria 1:00p Yoga Diane	12 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Body Pump Mara 6:30p DanceFit Kelly	13 6:30a Bodypump Sharon 7:45 Yagalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Mara 7:40p Yoga Eliza	14 7:00a Cycle Beat Sharon 5:30p Body Pump Mara 6:30p DanceFit Kelly	15 11:00 BP Express Cindy 12:00p Cycle Jill 5:30p Bodypump Mara 6:30p Cycle Kathryn 7:30p Yoga Eliza	16 6:00a Boot Camp Brent 9:00 Cycling Michael 10:10a Bodypump Laqueeta 5:30 Zumba Javon	17 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy 11:30a Zumba Javon
18 10:00a Cycling Beth 11:30a DanceFit Victoria 1:00p Yoga Diane	19 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Body Pump Mara 6:30p DanceFit Kelly	20 6:30a Bodypump Sharon 7:45 Yagalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Mara 7:40p Yoga Eliza	21 7:00a Cycle Beat Sharon 5:30p Body Pump Mara 6:30p DanceFit Kelly	22 11:00 BP Express Cindy 12:00p Cycle Jill 5:30p Bodypump Mara 6:30p Cycle Kathryn 7:30p Yoga Eliza	23 6:00a Boot Camp Brent 9:00 Cycling Michael 10:10a Bodypump Laqueeta 5:30 Zumba Javon	24 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy 11:30a Zumba Javon
25 10:00a Cycling Beth 11:30a DanceFit Victoria 1:00p Yoga Diane	26 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Body Pump Mara 6:30p DanceFit Kelly	27 6:30a Bodypump Sharon 7:45 Yagalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Mara 7:40p Yoga Eliza	28 7:00a Cycle Beat Sharon 5:30p Body Pump Mara 6:30p DanceFit Kelly			