

February Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Flow 5 AM	Sculpt & Tone 5 AM	Barre 5 AM	Core & Control 5 AM	Group Pole Session 5 AM	Strength & Flow 9 AM 02/14 Flexy & Sexy 10:15 AM 02/21
We will be closed 02/03-02/07 and will resume on 02/09.	Barre 8:40 AM		Sculpt & Tone 8:40 AM	Strength & Flow 8:40 AM 02/20-02/27	Core & Control 9 AM 02/28 Barre 10:15 AM 02/28
		Core & Control 11:30 AM Group Pole Session 1 PM		Flexy & Sexy 5:15 PM 02/13 Group Pole Session 5:45 PM 02/27	Group Pole Session 5 PM 02/14 and 02/28
	Seduce Yourself 7:30 PM 02/10 Group Pole Session 6:15 PM 02/17-02/24		After Dark 7 PM 02/12	Group Pole Session 7:30 PM 02/20 Group Pole Session 7 PM 02/27	Group Pole Session 7:30 PM 02/21 Group Pole Session 6:15 PM 02/28