

February



MON: 6am-10am Keisha
TUE: 10am-2pm Keisha
WED: 6am-10am Marko
THURS: 10am-2pm Marko
FRI: 6am-10am Kenzie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					Agility/ Balance	
3	4	5	6	7	8	9
Arms (back and hi)	Legs	Core	Arms (shoulder, tri, & chest)	Cardio/Legs		
10	11	12	13	14	15	16
Agility/ Balance	Arms (back and hi)	Legs	Core	Arms (shoulder, tri, & chest)		
17	18	19	20	21	22	23
CLOSED	Agility/ Balance	Arms (back and hi)	Legs	Core		
24	26	26	27	28	1	2
Arms (shoulder, tri, & chest)	Cardio/Legs	Agility/ Balance	Arms (back and hi)	Legs		
3	4	5	6	7	8	9