

FEBRUARY 2012



CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 29	30	31	FEB 1	2	3	4
			Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Abs Class: 6-7pm Ping Pong:6:00 pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm NEW! Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:30-8:30pm <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm
5	6	7	8	9	10	11
Qigong:9:30-10:30am Ping Pong:2:00 pm NEW! Yoga: 5-6:30pm	Yoga: 12-1pm NEW! Yoga: 2:30-4:00pm Pilates: 5:30-6:30pm Zumba Toning 6:30-7:30pm NEW! Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7-8pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Abs Class: 6-7pm Ping Pong:6:00 pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm NEW! Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:30-8:30pm <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm
12	13	14	15	16	17	18
Qigong:9:30-10:30am Ping Pong:2:00 pm NEW! Yoga: 5-6:30pm	Yoga: 12-1pm NEW! Yoga: 2:30-4:00pm Pilates: 5:30-6:30pm Zumba Toning 6:30-7:30pm NEW! Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7-8pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Abs Class: 6-7pm Ping Pong:6:00 pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm NEW! Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:30-8:30pm <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm
19	20	21	22	23	24	25
Qigong:9:30-10:30am Ping Pong:2:00 pm NEW! Yoga: 5-6:30pm	Yoga: 12-1pm NEW! Yoga: 2:30-4:00pm Pilates: 5:30-6:30pm Zumba Toning 6:30-7:30pm NEW! Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7-8pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Abs Class: 6-7pm Ping Pong:6:00 pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm NEW! Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:30-8:30pm <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm
26	27	28	29	MAR 1	2	3
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