

February



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9AM:CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP
2 10am: Fitness BootCamp 1pm: Kids Camp	3 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	4 12PM: PURE STRENGTH TRAINING - THERESA 6PM:COMMIT DANCE FITNESS-BRE 7PM:SCULPT-MOLLY	5 6PM:ZUMBA/COMMIT DANCE FITNESS- ALEX	6 6PM:COMMIT DANCE FITNESS-BRE	7	8 9AM:CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP
9 10am: Fitness BootCamp 1pm: Kids Camp	10 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	11 12PM: PURE STRENGTH TRAINING - THERESA 6PM:COMMIT DANCE FITNESS-BRE 7PM:SCULPT-MOLLY	12 6PM:ZUMBA/COMMIT DANCE FITNESS- ALEX	13 6PM:COMMIT DANCE FITNESS-BRE	14 Happy Valentines Day 	15 9AM:CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP
16 10am: Fitness BootCamp 1pm: Kids Camp	17 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	18 12PM: PURE STRENGTH TRAINING - THERESA 6PM:COMMIT DANCE FITNESS-BRE 7PM:SCULPT-MOLLY	19 6PM:ZUMBA/COMMIT DANCE FITNESS- ALEX	20 6PM:COMMIT DANCE FITNESS-BRE	21	22 9AM:CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP
23 10am: Fitness BootCamp 1pm: Kids Camp	24 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	25 12PM: PURE STRENGTH TRAINING - THERESA 6PM:COMMIT DANCE FITNESS-BRE 7PM:SCULPT-MOLLY	26 6PM:ZUMBA/COMMIT DANCE FITNESS- ALEX	27 6PM:COMMIT DANCE FITNESS-BRE	28	