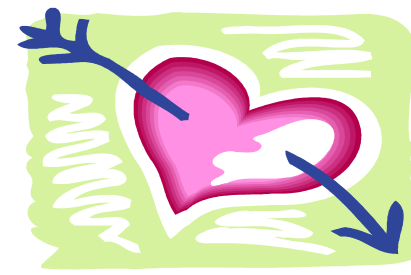




February Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 CB Aerobics 8-9 am PI Exercise 9-10 am</p> <p>Zumba 5:30-6:30 pm Kickboxing 6:30-7:30</p>	<p>2 Hatha Yoga 9:30-10:30 am Gentle Yoga 4-5 pm Hula Hoop Fitness 5:30-6:30 pm Basic Flow Yoga 6:45-7:45 pm</p>	<p>3 CB Aerobics 8-9 am PI Exercise 9-10 am Chi Gong 10:30-11:30 am</p> <p>Tae Kwon Do 6-7 pm Advanced Tae Kwon Do 7-8 pm</p>	<p>4 Pilates 8-9 am Belly Dancing 9:30-10:30 am Hatha Yoga 10:45-12:00</p> <p>Gentle Yoga 4-5 pm</p>	<p>5 CB Aerobics 8-9 am</p> <p>Chi Gong 10:30-11:30 am</p>	<p>6 Basic Flow Yoga 10-11 am</p>
7	<p>8 CB Aerobics 8-9 am PI Exercise 9-10 am</p> <p>Zumba 5:30-6:30 pm Kickboxing 6:30-7:30</p>	<p>9 Hatha Yoga 9:30-10:30 am Gentle Yoga 4-5 pm Hula Hoop Fitness 5:30-6:30 pm Basic Flow Yoga 6:45-7:45 pm</p>	<p>10 CB Aerobics 8-9 am PI Exercise 9-10 am Chi Gong 10:30-11:30 am</p> <p>Tae Kwon Do 6-7 pm Advanced Tae Kwon Do 7-8 pm</p>	<p>11 Pilates 8-9 am Belly Dancing 9:30-10:30 am Hatha Yoga 10:45-12:00</p> <p>Gentle Yoga 4-5 pm</p>	<p>12 CB Aerobics 8-9 am</p> <p>Chi Gong 10:30-11:30 am</p>	<p>13 Basic Flow Yoga 10-11 am</p>
14	<p>15 CB Aerobics 8-9 am PI Exercise 9-10 am</p> <p>Zumba 5:30-6:30 pm Kickboxing 6:30-7:30</p>	<p>16 Hatha Yoga 9:30-10:30 am Gentle Yoga 4-5 pm Hula Hoop Fitness 5:30-6:30 pm Basic Flow Yoga 6:45-7:45 pm</p>	<p>17 CB Aerobics 8-9 am PI Exercise 9-10 am Chi Gong 10:30-11:30 am</p> <p>Tae Kwon Do 6-7 pm Advanced Tae Kwon Do 7-8 pm</p>	<p>18 Pilates 8-9 am Belly Dancing 9:30-10:30 am Hatha Yoga 10:45-12:00</p> <p>Gentle Yoga 4-5 pm</p>	<p>19 CB Aerobics 8-9 am</p> <p>Chi Gong 10:30-11:30 am</p>	<p>20 Basic Flow Yoga 10-11 am</p>
21	<p>22 CB Aerobics 8-9 am PI Exercise 9-10 am</p> <p>Zumba 5:30-6:30 pm Kickboxing 6:30-7:30</p>	<p>23 Hatha Yoga 9:30-10:30 am Gentle Yoga 4-5 pm Hula Hoop Fitness 5:30-6:30 pm Basic Flow Yoga 6:45-7:45 pm</p>	<p>24 CB Aerobics 8-9 am PI Exercise 9-10 am Chi Gong 10:30-11:30 am</p> <p>Tae Kwon Do 6-7 pm Advanced Tae Kwon Do 7-8 pm</p>	<p>25 Pilates 8-9 am Belly Dancing 9:30-10:30 am Hatha Yoga 10:45-12:00</p> <p>Gentle Yoga 4-5 pm</p>	<p>26 CB Aerobics 8-9 am</p> <p>Chi Gong 10:30-11:30 am</p>	<p>27 Basic Flow Yoga 10-11 am</p>
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