


February

Classes at the South Side Gym

2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 1200 Spin 1200 Zumba 1610 Yoga	2 0630 Spin 1200 Yoga 1610 Top Performance	3 0730 Spin 1200 TRX 1200 Spin	4
5	6 1200 Cardio & Core 1200 Spin 1610 TRX Cardio	7 0630 Spin 1200 Strength & Conditioning 1610 Spin	8 1200 Spin 1200 Zumba 1610 Yoga	9 0630 Spin 1200 Yoga 1610 Top Performance	10 0730 Spin 1200 TRX 1200 Spin	11
12	13 1200 Cardio & Core 1200 Spin 1610 TRX Cardio	14 0630 Spin 1200 Strength & Conditioning 1610 Spin	15 1200 Spin 1200 Zumba 1610 Yoga	16 0630 Spin Classes Canceled  Winter Carnival	17 0730 Spin 1200 TRX 1200 Spin	18
19	20 1200 Cardio & Core 1200 Spin 1610 TRX Cardio	21 0630 Spin 1200 Strength & Conditioning 1610 Spin	22 1200 Spin 1200 Zumba 1610 Yoga	23 0630 Spin 1200 Yoga 1610 Top Performance	24 0730 Spin 1200 TRX 1200 Spin	26
27	28 1200 Cardio & Core 1200 Spin 1610 TRX Cardio	29 0630 Spin 1200 Strength & Conditioning <u>1610 Spin</u>				