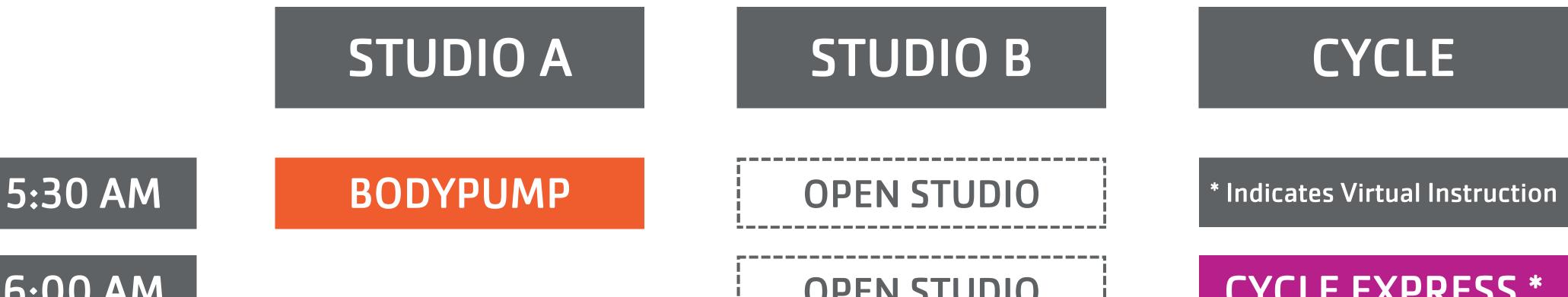
the GROUP FITNESS SPOTLIGHT DAY

THE LISTED CLASSES ARE FREE & OPEN TO EVERYONE ON FEBRUARY 25TH



6:00 AM		OPENSIUDIO	CYCLE EXPRESS *
7:00 AM		OPEN STUDIO	CYCLE ENDURANCE *
8:00 AM	SEAT	OPEN STUDIO	CYCLE HIIT *
9:00 AM	HIIT VARIETY	YOGA	AB BLAST *
10:00 AM	SILVER SNEAKERS (10:15)	YOGA	CYCLE
11:00 AM	HIIT VARIETY	OPEN STUDIO	CYCLE (11:15)
12:00 PM	LES MILLS CORE (12:15)	YOGA	
1:00 PM	BODYBALANCE	OPEN STUDIO	CYCLE
2:00 PM	LES MILLS DANCE	OPEN STUDIO	CYCLE
3:00 PM	HIIT VARIETY	OPEN STUDIO	CORE AND MORE *

