


FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:00AM SCULPT - KADI ARMS/ CORE 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS HIGH FIT CANCELLED	3 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	4 5:15AM PILATES - BEN 8:30AM-TRX-KADI 10:00AM-SS COMBO-KADI 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS HIGH FIT CANCELLED	5 5:00AM-SCULPT- CECI BACK/ HAMS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER POP-UP 6:45PM HIGH FITNESS -RACHELLE	6 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	7 8:30AM-YOGA-LIS
8	9 5:00AM SCULPT - KADI OUTTER/ TRI'S 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS HIGH FITNESS CANCELLED	10 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	11 5:15AM PILATES - BEN 8:30AM-TRX-KADI 10:00AM-SS COMBO-KADI 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM HIGH FITNESS- RACHELLE	12 5:00AM-SCULPT-KADI QUADS/ SHOULDERS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER	13 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	14  8:30AM-YOGA-LIS
15	16 5:00AM SCULPT - CECI INNER/ CHEST 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS HIGH FITNESS CANCELLED	17 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	18 5:15AM PILATES - BEN 8:30AM-TRX-KADI 10:00AM-SS COMBO- AMANDA 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	19 5:00AM-SCULPT-KADI GLUTES/ CORE 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER	20 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	21 8:30AM-YOGA-LIS
22	23 5:00AM SCULPT - KADI QUADS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM-SCULPT-ISAIAH 5:30PM-YOGA-LIS HIGH FITNESS CANCELLED	24 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER	25 5:15AM PILATES - BEN 8:30AM-TRX-KADI 10:00AM-SS COMBO- AMANDA 3:00PM KIDS CLASS-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	26 5:00AM-SCULPT-KADI OUTTER/ BICEPS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 5:00PM-SCULPT-HEATHER	27 5:00AM-SPIN- CECI 8:30AM-SCULPT-AMANDA 10:00AM-SS COMBO-AMY 3:30PM KIDS CLASS-KADI	28 8:30AM-YOGA-LIS