



CLASS CALENDAR

FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 am – Cardio Blast 5:30 pm – Step 7:00 pm – BJJ 8:00 pm – MMA	2 5:30 pm – Burn & Firm 7:00 pm – Submission Wrestling	3 8:30 am – Super Sculpt	4 8:30 am – Half & Half 10:00 – Intro to BJJ
5	6 8:30 am – Cardio Kick 5:30 pm – Super Cardio 7:00 pm – BJJ 8:00 pm – MMA	7 5:30 pm – Super Sculpt 7:00 pm – Submission Wrestling	8 8:30 am – Half & Half 5:30 pm – Cardio Kick 7:00 pm – BJJ 8:00 pm – MMA	9 5:30 pm – Cardio Strength 7:00 pm – Submission Wrestling	10 8:30 am – Lower Body Blast	11 8:30 am – Burn & Firm 10:00 – Intro to BJJ
12	13 8:30 am – Cardio Sculpt 5:30 pm – Step 7:00 pm – BJJ 8:00 pm – MMA	14 5:30 pm – Upper Body Blast 7:00 pm – Submission Wrestling	15 8:30 am – Super Cardio 5:30 pm – Stations 7:00 pm – BJJ 8:00 pm – MMA	16 5:30 pm – Half & Half 7:00 pm – Submission Wrestling	17 8:30 am – Super Sculpt	18 8:30 am – Body Sculpt 10:00 – Intro to BJJ
19	20 8:30 am – Cardio Blast 5:30 pm – Cardio Blast 7:00 pm – BJJ 8:00 pm – MMA	21 5:30 pm – Super Sculpt 7:00 pm – Submission Wrestling	22 8:30 am – Burn & Firm 5:30 pm – Step 7:00 pm – BJJ 8:00 pm – MMA	23 5:30 pm – Cardio Sculpt 7:00 pm – Submission Wrestling	24 8:30 am – Upper Body Blast	25 8:30 am – Cardio Strength 10:00 – Intro to BJJ
26	27 8:30 am – Body Sculpt 5:30 pm – Cardio Kick 7:00 pm – BJJ 8:00 pm – MMA	28 5:30 pm – Lower Body Blast 7:00 pm – Submission Wrestling	29 8:30 am – Cardio Kick 5:30 pm – Super Cardio 7:00 pm – BJJ 8:00 pm – MMA			