

# XF Aerobics FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
				<b>1</b> 9:00 AM Bodybuilder 10:00 AM Yoga Core  5:00 Yoga Barre 5:30 PM YogaSculpt 6:00 PM Buns and Guns 7:00 PM Zumba Tone I	<b>2</b> Groundhog Day 9:00 AM Zumba E 10:00 AM Pound	<b>3</b> 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga																																																																																				
<b>4</b>	<b>5</b> 9:00 AM BodyBuilder 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Pound	<b>6</b> 9:00 AM Kick Boxing 10:00 AM Zumba I  6:00 PM Leg Blaster 7:00 PM HOT! Yoga	<b>7</b> 9:00 AM Ab Lab 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J  5:00 PM Yoga 6:00 PM Spin PL 7:00 PM Zumba I	<b>8</b> 9:00 AM Bodybuilder 10:00 AM Yoga Core  5:00 Yoga Barre 5:30 PM YogaSculpt 6:00 PM Buns and Guns 7:00 PM Zumba Tone I	<b>9</b> 9:00 AM Zumba E 10:00 AM Pound	<b>10</b> 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga																																																																																				
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<b>25</b>	<b>26</b> 9:00 AM BodyBuilder 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Pound	<b>27</b> 9:00 AM Kick Boxing 10:00 AM Zumba I  6:00 PM Leg Blaster 7:00 PM HOT! Yoga	<b>28</b> 9:00 AM Ab Lab 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J  5:00 PM Yoga 6:00 PM Spin PL 7:00 PM Zumba I																																																																																							
		January 2018 <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				March 2018 <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<b>Notes:</b>  I - Izzy E - Erin PL - PL J - Jennifer
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