




	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>Morning</b>	<b>9:30-10:30 am</b> Small Group Training with Spin option (T1) <b>9:30-10:00 am</b> Mini Spin (U) <b>10:30-11:30</b> Corrective Yoga & Breathing with Vartika (T3)	<b>8:00-9:00 am</b> Small Group Training (T1) <b>9:30-10:30 am</b> Small Group Training (T1) <b>10:45 - 11:45 am</b> Body in Balance Yoga (T3/Y)	<b>6:00-7:00 am</b> Mixed Level Spin (T2) <b>9:30-10:30 am</b> Small Group Spin Combo (T1) <b>11:00-12:00</b> Corrective Yoga & Breathing with Vartika (T3)	<b>6:00-7:00 am</b> Small Group Training (T1) <b>8:30-9:30 am</b> Mat 1 Pilates (T3) <b>9:30-10:30 am</b> Small Group Training (T1) <b>10:30-11:30 am</b> Beginner Small Group (T1)	<b>6:00-7:00 am</b> Mixed Level Spin (T2) <b>8:00-9:00 am</b> Small Group Training (T1) <b>9:30-10:30 am</b> Small Group Training with Spin Option (T1) <b>9:30-10:00 am</b> Mini Spin (U) <b>10:30-11:30 am</b> No Fear Yoga (T3)	<b>8:00-9:00am</b> 6 week Chakra Clearing Yoga (T3) <b>9:15-10:15 am</b> 'Kettle, Spin & Suspend' Small Group (T1) <b>10:15-11:15 am</b> Mixed Level Spin (T2)	<b>9:00-10:00 am</b> Mixed Level Spin (T2) <b>10:00-11:00 am</b> Small Group Spin Combo (T1)
<b>Afternoon</b>	<b>2:30-3:15 pm</b> Senior Strong & Stable I (U)	<b>2:30-3:15 pm</b> Senior Strong & Stable II (U)		<b>10:45-12:00 pm</b> Body in Balance Yoga (T3/Y) <b>2:30-3:15 pm</b> Senior Strong & Stable I (U)			
<b>Evening</b>	<b>5:15-6:15 pm</b> Boot Camp (T3) <b>5:30-6:30 pm</b> Beginner Small Group (T1) <b>5:30-6:30pm</b> Kettlebell & TRX Training (T1) <b>6:15-7:15 pm</b> Kids' Karate (K) <b>6:30-7:30 pm</b> Mixed Level Spin (T2) <b>7:15-8:30 pm</b> Adult Karate (K)	<b>4:30-5:30 pm</b> Small Group Training (T1) <b>6:00-7:00 pm</b> Small Group Training (T1) <b>6:00-7:00 pm</b> Zumba (T3) <b>7:00-8:30 pm</b> Kickboxing (T3/K)	<b>5:00-6:00 pm</b> Vinyasa Flow Yoga with Jessica (T3) <b>6:00-7:00 pm</b> Mixed Level Spin (T2) <b>6:00-7:00 pm</b> Small Group Training (T1) <b>6:15-7:15 pm</b> Kids Karate (K) <b>6:30-7:30 pm</b> Body in Balance Yoga (T3/Y) <b>7:15-8:30 pm</b> Adult Karate (K)	<b>3:30-4:30 pm</b> 'Kettle, Spin & Suspend' Small Group (T1) <b>5:00-6:00pm</b> Hip - Hop Workshop with Jessie (U) <b>6:00-7:00 pm</b> Small Group Spin Combo (T1) <b>6:00-7:00 pm</b> Zumba (T3) <b>7:00-8:30 pm</b> Kickboxing (T3/K)	<b>4:30-5:00 pm</b> Bike Fit & Mini Spin (\$5 drop in)	 	 <p><b>Pricing Key</b>  <b>T1</b> = Tier 1 Class  <b>T2</b> = Tier 2 Class  <b>T3</b> = Tier 3 Class  <b>U</b> = Unique  <b>K</b> = Yosai School of Karate  <b>Y</b> = In the Yogage Studio</p>

# POSITIVE LIFEFORCE WEEKLY SCHEDULE

## February 2012