

Pinery Country Club

Fitness Class Schedule

February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Beg. Vinyasa Yoga Kelsey		Beg. Vinyasa Yoga Kelsey				
7:00am	Int. Vinyasa Yoga Kelsey		Int. Vinyasa Yoga Kelsey				
8:00am						Total Body Heather	
9:00am			Circuit Stations Heather			Total Body Heather Tai-Chi Patrick	
9:15am		Cardio Conditioning Heather		Pilates Heather			
10:00am		Total Body Heather		Total Body Heather			
11:00am		Pilates Heather					
4:00pm		HIIT Upper Body Rosita					
5:00pm		Teen Conditioning Rosita	Total Body Rosita	Teen Conditioning Rosita			
6:00pm		Core and Stability Rosita		HIIT Lower Body Rosita			