

naturespa

February Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Class \$12 Class 10/\$80				1 10am yoga 430 yoga 6p yoga	2 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	3 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
4 10am yoga 4p yoga 530p Gym class	5 645a-730 XpressFit 1p aquafit 6p yoga	6 9a gentle yoga 530 yoga	7 1p aquafit 530 grateful yoga	8 10am yoga 430 yoga 6p yoga	9 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga	10 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga
11 10am yoga 4p yoga 530p Gym class	12 645a-730 XpressFit 1p aquafit 530 grateful yoga	13 9a gentle yoga 530 yoga	14 1p aquafit 530 grateful yoga	15 10am yoga 430 yoga 6p yoga	16 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	17 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga
18 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	19 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga 530 grateful yoga	20 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga 530 yoga	21 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga 530 grateful yoga	22 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga 6p yoga	23 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	24 7a Yoga 7a SkiFit 9a yoga 11a yoga 2p yoga 4p yoga
25 10am yoga 4p yoga 530p Gym class	26 645a-730 XpressFit 530 grateful yoga T	27 9a gentle yoga 530 yoga	28 530 grateful yoga			Class \$12 Class 10/\$80 Monthly Unlimited \$100