

naturespa

February Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p>Class \$12 Class 10/\$80</p>			<p>1 1p aquafit</p> <p>530p cardiostrength Gym class 530 grateful yoga</p>	<p>2 10am yoga</p> <p>430 yoga</p>	<p>3 7a SkiFit 9a yoga 11a yoga 11a aquafit</p>	<p>4 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga</p>
<p>5 10am yoga</p> <p>4pm yoga</p>	<p>6 10a yoga 1p aquafit</p> <p>6p yoga</p>	<p>7 7a piyo 9a gentle yoga CB Noon Chair Yoga 530 yoga</p>	<p>8 10 a Chair Yoga 1p aquafit 530p cardiostrength Gym class 530 grateful yoga</p>	<p>9 10am yoga</p> <p>430 yoga</p>	<p>10 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga</p>	<p>11 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga</p>
<p>12 10am yoga</p> <p>Noon Chair Yoga 4pm yoga</p> <p>530p cardiostrength Gym class</p>	<p>13 10a yoga 1p aquafit</p> <p>430p piyo 6p yoga</p>	<p>14 7a piyo 9a gentle yoga</p> <p>530 yoga</p>	<p>15 1p aquafit</p> <p>530p cardiostrength Gym class 530 grateful yoga</p>	<p>16 10am yoga</p> <p>430 yoga</p>	<p>17 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga</p>	<p>18 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga</p>
<p>19 7a SkiFit 9a yoga 11a yoga 1230 chair yoga 2p yoga 4p yoga</p>	<p>20 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga</p>	<p>21 7a SkiFit 9a yoga 11a yoga 1230 chair yoga 2p yoga 4p yoga</p>	<p>22 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga</p>	<p>23 7a SkiFit 9a yoga 11a yoga 1230 chair yoga 2p yoga 4p yoga</p>	<p>24 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga</p>	<p>25 7a SkiFit 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga</p>
<p>26 10am yoga</p> <p>4pm yoga 530p cardiostrength Gym class</p>	<p>27 10a yoga 1p aquafit</p> <p>430p piyo 6p yoga</p>	<p>28 7a piyo 9a gentle yoga</p> <p>530 yoga</p>				<p>Class \$12 Class 10/\$80</p> <p>Monthly Unlimited \$100</p>

