



# GGX CLASS SCHEDULE FOR FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>GYM HOURS</b> M-F 4:30-10:00 Sat.-Sun 7:00-5:00	<b>2</b> 10:00 Step/Crystal 11:00 Stretch/Crystal 4:00 A+Abs/Crystal 4:30 Body Blast/Crystal 5:30 Stretch/Crystal 6:00 Zumba/Jen 7:00 Yoga/Carrie	<b>3</b> 8:30 Circuit/Kim  4:45 Get Fit/Crystal 5:30 Bootylicious/Crystal 6:00 Bellydance/Laura	<b>4</b> 10:00 A+Abs/Crystal 10:30ClassChoice/Crystal  4:30 Zumba/Jen 5:30 Body Blast/Crystal 6:30 Hip Hop/Elijah	<b>5</b>  4:30 Boot Camp/Crystal 5:00 A+Abs/Crystal 5:30 Kickboxing/Tammie 6:30 Yoga/Carrie	<b>6</b> 10:00 Intervals/Crystal  4:00 yoga/Tammie	<b>7</b> 8:00 Boot Camp/Melissa 9:30 Iron Abs/Jen 10:00 Zumba/Jen
<b>8</b> <b>KIDZ CLUB</b> M-F 8-1 & 4-8 Sat 8-2 Sun 9-2	<b>9</b> 10:00 Step/Crystal 11:00 Stretch/Crystal 4:00 A+Abs/Crystal 4:30 Body Blast/Crystal 5:30 Stretch/Crystal 6:00 Zumba/Jen 7:00 Yoga/Carrie	<b>10</b> 8:30 Circuit/Kim  4:45 Get Fit/Crystal 5:30 Bootylicious/Crystal 6:00 Bellydance/Laura	<b>11</b> 10:00 A+Abs/Crystal 10:30ClassChoice/Crystal  4:30 Zumba/Jen 5:30 Body Blast/Crystal 6:30 Hip Hop/Elijah	<b>12</b>  4:30 Boot Camp/Crystal 5:00 A+Abs/Crystal 5:30 Kickboxing/Tammie 6:30 Yoga/Carrie	<b>13</b> 10:00 Intervals/Crystal  4:00 yoga/Tammie	<b>14</b> 8:00 Boot Camp/Melissa 9:30 Iron Abs/Jen 10:00 Zumba/Jen  
<b>15</b>  	<b>16</b> 10:00 Step/Crystal 11:00 Stretch/Crystal 4:00 A+Abs/Crystal 4:30 Body Blast/Crystal 5:30 Stretch/Crystal 6:00 Zumba/Jen 7:00 Yoga/Carrie	<b>17</b> 8:30 Circuit/Kim  4:45 Get Fit/Crystal 5:30 Bootylicious/Crystal 6:00 Bellydance/Laura	<b>18</b> 10:00 A+Abs/Crystal 10:30ClassChoice/Crystal  4:30 Zumba/Jen 5:30 Body Blast/Crystal 6:30 Hip Hop/Elijah	<b>19</b>  4:30 Boot Camp/Crystal 5:00 A+Abs/Crystal 5:30 Kickboxing/Tammie 6:30 Yoga/Carrie	<b>20</b> 10:00 Intervals/Crystal  4:00 yoga/Tammie	<b>21</b> 8:00 Boot Camp/Melissa 9:30 Iron Abs/Jen 10:00 Zumba/Jen
<b>22</b>	<b>23</b> 10:00 Step/Crystal 11:00 Stretch/Crystal 4:00 A+Abs/Crystal 4:30 Body Blast/Crystal 5:30 Stretch/Crystal 6:00 Zumba/Jen 7:00 Yoga/Carrie	<b>24</b> 8:30 Circuit/Kim  4:45 Get Fit/Crystal 5:30 Bootylicious/Crystal 6:00 Bellydance/Laura	<b>25</b> 10:00 A+Abs/Crystal 10:30ClassChoice/Crystal  4:30 Zumba/Jen 5:30 Body Blast/Crystal 6:30 Hip Hop/Elijah	<b>26</b>  4:30 Boot Camp/Crystal 5:00 A+Abs/Crystal 5:30 Kickboxing/Tammie 6:30 Yoga/Carrie	<b>27</b> 10:00 Intervals/Crystal  4:00 yoga/Tammie	<b>28</b> 8:00 Boot Camp/Melissa 9:30 Iron Abs/Jen 10:00 Zumba/Jen