



## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 POWER YOGA 8:00-9:00am Laura Motion Studio	2 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
3 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	4	5	6	7 GENTLE YOGA 9:00 - 10:00am Carolena Arbor	8 POWER YOGA 8:00-9:00am Laura Motion Studio	9 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
10 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	11	12	13	14 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	15 POWER YOGA 8:00-9:00am Laura Motion Studio	16 FITNESS FUSION 8:15 - 9:00am Megan in Motion Studio PILATES 9:30-10:30am Megan in Motion Studio
17 CORE FLOW 8:15 - 9:00am Carolena in Motion Studio YOGA FOR ALL 9:30-10:30am Carolena in Motion Studio	18	19	20	21 GENTLE YOGA 9:00 - 10:00am Carolena Sonoma I	22 POWER YOGA 8:00-9:00am Laura Motion Studio	23 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
24 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	25	26	27	28 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio		

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

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