

FEBRUARY 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3
INSTRUCTORS: Cathy Kumar: Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion Tabby Horvath: ACE Certified Group Fitness Instructor/M.S. Human Wellness			Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
5	6	7	8	9	10
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
12	13	14	15	16	17
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
19	20	21	22	23	24
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
26	27	28			
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby			