

TAC FITNESS SCHEDULE



FEBRUARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | | |  |
| 9:00AM AQUA FIT SS SPLASH AMY | 9:00AM DANCE AND TONE LAURA | | 9:00AM DANCE AND TONE LAURA | |
| 10:00AM CARDIO FIT SS CLASSIC AMY | 10:00AM CARDIO DRUMMING STRENGTH JANET | 10:00AM CARDIO FIT SS CLASSIC AMY | 10:00AM CARDIO DRUMMING JANET | 10:00AM CARDIO FIT SS CLASSIC AMY |
| | 10:00AM AQUA FIT SS SPLASH LAURA | 11:00AM AQUA FIT SS SPLASH AMY | 10:00AM AQUA FIT SS SPLASH LAURA | |
| 11:00AM SENIOR YOGA SS YOGA AMY | 11:15AM GOLDEN BALANCE JANET | 11:00AM SENIOR YOGA SS YOGA STEF | 11:00AM KICKBOXING COMBO LAURA | 11:00AM SENIOR YOGA SS YOGA AMY |
| 11:40AM AQUA PILATES\YOGA FUSION MICHELE |  | | | 11:40AM AQUA PILATES\YOGA FUSION MICHELE |
| 12:30PM AQUA FIT SS SPLASH MICHELE | | | | 12:30PM AQUA FIT SS SPLASH MICHELE |
| AMY | MICHELE | JANET | LAURA | STEF |