

GROUP FITNESS CALENDAR
Fitness for Women, 5828-O Moon Road, Columbus, GA 31909 (706) 569-9333

February-11

www.ACFitnessForWomen.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - DEVINA	6:00 BODY PUMP - ANNA 9:00 BODY PUMP - LISA 10:00 STEP - GEORGIA 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - SIKES	6:00 STEP - LAUREN 9:00 BODYATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 STEP - ANNA 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 10:00 ZUMBA - JULIANA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - GERRI 10:00 STEP - LAUREN
6	7	8	9	10	11	12
2:00 ATTACK - DAWN	6:00 BODY PUMP - GERRI 9:00 BODY PUMP - GEORGIA 10:00 YOGALATES - GEORGIA 11:00 ZUMBA - JULIANA 5:00 YOGALATES - GEORGIA 6:00 BODY PUMP - SIKES 7:00 ZUMBA - CHERYL	6:00 BODY ATTACK - ANNA 9:00 BODY ATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODY PUMP - GERRI 9:00 BODY PUMP - LISA 10:00 SAMPLER - GEORGIA 5:00 BASIC STEP - CHRISTINE 6:00 BODY PUMP - ANNA	6:00 PILATES - ANNA 9:00 BODYATTACK - KARI 10:00 BODY PUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - CHRISTINE 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 10:00 ZUMBA - JULIANA 5:00 FAMILY ZUMBA - CHERYL	9:00 BODY PUMP - CHRISTINE 10:00 BODY ATTACK - MELISSA
13	14	15	16	17	18	19
2:00 STEP - GEORGIA	6:00 BODY PUMP - ANNA 9:00 BODY PUMP - GEORGIA 10:00 YOGALATES - GEORGIA 11:00 ZUMBA - JULIANA 5:00 BASIC STEP - CHRISTINE 6:00 BODY PUMP - LAUREN 7:00 ZUMBA - CHERYL	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODY PUMP - LAUREN 9:00 BODY PUMP - LISA 10:00 STEP - GEORGIA 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - LAUREN 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 10:00 ZUMBA - JULIANA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - SIKES 10:00 STEP - CHRISTINE
20	21	22	23	24	25	26
2:00 ATTACK - MELISSA	6:00 BODY PUMP - GERRI 9:00 BODY PUMP - GEORGIA 10:00 YOGALATES - GEORGIA 11:00 ZUMBA - JULIANA 5:00 YOGALATES - GEORGIA 6:00 BODY PUMP - LAUREN 7:00 ZUMBA - CHERYL	6:00 BODY ATTACK - ANNA 9:00 BODY ATTACK - KARI 10:00 BODY PUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODY PUMP - GERRI 9:00 BODY PUMP - LISA 10:00 SAMPLER - GEORGIA 5:00 BASIC STEP - CHRISTINE 6:00 BODY PUMP - SIKES	6:00 PILATES - ANNA 9:00 BODYATTACK - KARI 10:00 BODY PUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 STEP - LAUREN 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 10:00 ZUMBA - JULIANA 5:00 FAMILY ZUMBA - CHERYL	9:00 BODY PUMP - GERRI 10:00 BODY ATTACK - DAWN
27	28					
2:00 STEP - ANNA	6:00 BODY PUMP - LAUREN 9:00 BODY PUMP - GEORGIA 10:00 YOGALATES - GEORGIA 11:00 ZUMBA - JULIANA 5:00 BASIC STEP - CHRISTINE 6:00 BODY PUMP - SIKES 7:00 ZUMBA - CHERYL					

CLASSES SUBJECT TO CHANGE