



Feb. 15th- Feb 27th - 2010 – Class Schedule
519-853-2650 or info@stayingalivefitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 15 <p align="center">CLOSED</p> <p align="center">FAMILY DAY</p>	Feb 16 9:30am Spin/Tone 5:00pm Pilates Fusion + 7:00pm Spin Adv	Feb 17 7:30am Pilates Fusion * 9:30am Spin/Pilates 6:30pm Core Action	Feb 18 8:15am Spin + 9:30am Core Action 6:00pm Pilates + 7:00pm Spin +	Feb 19 9:30am Spin Adv	Feb 20 8:30am Bosu 9:30am Spin +
Feb 22 8:00am Pilates Fusion 9:30am Turbulence Training 6:00pm Spin/Tone 7:00pm Spin/Strength/Stretch	Feb 23 9:30am Spin/Tone 5:00pm Pilates Fusion + 7:00pm Spin Adv	Feb 24 7:30am Pilates Fusion * 9:30am Spin/Pilates 6:30pm Core Action	Feb 25 8:15am Spin + 9:30am Core Action 6:00pm Pilates + 7:00pm Spin +	Feb 26 9:30am Spin Adv	Feb 27

+ 45 Minutes * 35 Minutes (No Symbol) 1 Hour
