

February 2019 at J&J Movement Factory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Women Only Classes are in italics</i>				1 <i>9:15A-10:30A</i> Circuit Train w/JenM	2 8:45A-9:45A Circuit Train w/Eric
3 5:00P-6:15P Circuit Train w/JenM 6:45P-7:45P Restorative Yoga w/Mel	4 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	5 6:30P-7:30P Yoga/Pilates w/Diana	6 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:00P-7:00P Gentle Yoga w/Mel	7 5:45A-6:30A Power Yoga w/Mel 7:30P-8:30P Circuit Train w/Eric	8 <i>9:15A-10:30A</i> Circuit Train w/JenM	9 8:45A-9:45A Circuit Train w/Eric
10 5:00P-6:15P Circuit Train w/JenM 6:45P-7:45P Restorative Yoga w/Mel	11 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	12 6:30P-7:30P Yoga/Pilates w/Diana	13 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:00P-7:00P Gentle Yoga w/Mel	14 5:45A-6:30A Power Yoga w/Mel 7:30P-8:30P Circuit Train w/Eric	15 <i>9:15A-10:30A</i> Circuit Train w/JenM	16 8:45A-9:45A Circuit Train w/Eric
17 5:00P-6:15P Circuit Train w/JenM 6:45P-7:45P Restorative Yoga w/Mel	18 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	19 9:15A-10:00A Power Yoga w/ Mel	20 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:00P-7:00P Gentle Yoga w/Mel	21 5:45A-6:30A Power Yoga w/Mel 7:30P-8:30P Circuit Train w/Eric	22 <i>9:15A-10:30A</i> Circuit Train w/JenM 7:30P-8:30P FREE SPECIAL YOGA EVENT w/ Mel – VETERANS ONLY	23 8:45A-9:45A Circuit Train w/Eric
24 5:00P-6:15P Circuit Train w/JenM 6:45P-7:45P Restorative Yoga w/Mel	25 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	26 9:15A-10:00A Power Yoga w/ Mel 6:30P-7:30P Yoga/Pilates w/Diana	27 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:00P-7:00P Gentle Yoga w/Mel	28 5:45A-6:30A Power Yoga w/Mel 7:30P-8:30P Circuit Train w/Eric		