

# FEBRUARY AEROBICS

## CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	2 Buff Fit (IA) - 1030
4 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800	5 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Spin - 1700	6 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Zumba - 1200 Spin - 1700	7 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600	8 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	9 Buff Fit (IA) - 1030
11 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 Sweetheart Walleyball Tournament - 1700 *Hiit - 1800	12 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	13 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Yoga - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	14 Buff Fit (IA) - 0600 *Yoga - 0700 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	15 Buff Fit (IA) - 0600 Valentine's 5K - 0700 *Spin - 1100 *Zumba - 1200 	16 Buff Fit (IA) - 1030
18 Buff Fit (IA) - 0600 	19 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	20 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Yoga - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	21 Buff Fit (IA) - 0600 *Yoga - 0700 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	22 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	23 Buff Fit (IA) - 1030
25 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800	26 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	27 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Yoga - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	28 Buff Fit (IA) - 0600 *Yoga - 0700 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630		**Buff Fit classes taught at Iron Airman Gym**

Classes that are listed in **BLACK** are contracted classes. Classes listed in **PINK** are volunteer taught classes that are subject to change with little to no notice. All classes are subject to change. Classes with a star by them can be used for FIP. Questions? Please call 318-456-4135