BELLAMORPHOSIS SCHEDULE FEB20-FEB24

TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	**MAIN**	**BELLA**	**UPPER BODY BLAST** NICOLE	**GIMME A 6 PACK** ROBIN V	**UPPER BODY BLAST** NICOLE	**BUTT BLASTER** TIFF PARKER	
5:30	**MAIN**	**OPENS @ 8AM**	**CYCLE** NICOLE	**CARDIO CIRCUIT** ROBIN V	**TABATA** NICOLE	**BOXING CIRCUIT** TIFF PARKER	***FEB 11 CLASSES***
8:00AM	MAIN	**GIMME A 6 PACK** MARILOU (no class 2/6)	**TABATA** TIFF PARKER (yoga room)	**BASIC STEP BLAST** MARILOU	**GIMME A 6 PACK** TIFF PARKER	***PIYO** MARILOU	***YOGA** JENNIFER (yoga)
8:30AM	MAIN	**RIPPED CARDIO** ROBIN V	***SCULPT** MARILOU	**BUTT BLASTER** ROBIN V	***SCULPT** MARILOU	**…PIYO**	
	YOGA		**GIMME A 6 PACK** TIFF PARKER (yoga room)		**CARDIO BLAST** TIFF PARKER	**TABATA** TIFFANY (ROBIN 2/24)	
9:00AM	MAIN	**BUTT BLASTER** ROBIN V	**…SCULPT**	**CARDIO BLAST** TIFF PARKER	**…SCULPT**	***BUTTS AND GUTS** TIFFANY TIFF PARKER (2/24)	
	YOGA		**PRE-NATAL** LAUREN			**STEP HIIT** ROBIN V	
	KICKBOX				***YOGA** JENNIFER		***FEB 18 CLASSES***
9:30AM	MAIN	**STEP** TIFFANY ROBIN (2/20)	**TURBOKICK** LAUREN	**GIMME A 6 PACK** TIFF PARKER	**ZUMBA** MARILOU	**…BUTTS AND GUTS**	
	YOGA		***FIT OVER 50** BETH (no class 2/21)	***FIT OVER 50** BETH (no class 2/22)	***FIT OVER 50** BETH (no class 2/23)	***YOGA** KAYLEE	
	KICKBOX	***YOGA** JENNIFER (no class 2/20)	***ZUMBA** MARILOU	***YOGA** KAYLEE	**…YOGA**	**KETTLEBELL** ROBIN V	
10:00AM	MAIN	**GIMME A 6 PACK** TIFFANY ROBYN W (2/20)	**UPPER BODY BLAST** ROBYN W	**CYCLE** TIFFANY **BOSU BLAST** ROBYN W (2/22)	**GIMME A 6 PACK** LAUREN ROBIN V (2/23)	**BOSU BLAST** ROBYN W	
10:30AM	MAIN	**TABATA** TIFF PARKER	**BOXING CIRCUIT** ROBYN W	**BUTT BLASTER** TIFFANY ROBYN W (2/22)	**CARDIO BLAST** LAUREN ROBIN V (2/23)	**BUTT BLASTER** ROBYN W	***FEB 25 CLASSES***
	YOGA		***PIYO** LAUREN				**9AM *YOGA** JENNIFER (main)
11:00AM	MAIN	**BUTT BLASTER** TIFF PARKER	**GIMME A 6 PACK** ROBYN W	**TABATA** TIFFANY ROBYN W (2/22)	**UPPER BODY BLAST** LAUREN ROBIN V (2/23)	**STRETCH** ROBYN W	
4:00PM	MAIN	**BELLA**	**CARDIO BLAST** BETH ROBIN V (2/21)	**GIMME A 6 PACK** BETH ROBYN W (2/22)	**UPPER BODY BLAST** TIFFANY ROBIN V (2/23)	**BUTT BLASTER** ROBIN V	
4:30PM	MAIN	**CLOSED**	**UPPER BODY BLAST** BETH ROBIN V (2/21)	**CYCLE** BETH(no class 2/22) **CARDIO BLAST** ROBYN W (2/22)	**STEP** TIFFANY ROBIN V (2/23)	**STEP HIIT** ROBIN V	
5:00PM	MAIN	**XXXX**	**CYCLE** BETH(no class 2/21) **STEP** ROBIN V (2/21)	**BUTT BLASTER** BETH ROBIN W (2/22)	**GIMME A 6 PACK** TIFFANY ROBIN V (2/23)	**GIMME A 6 PACK** ROBIN V (no class 2/17)	
	YOGA	**XXXX**	**GIMME A 6 PACK** TIFFANY TIFF PARKER (2/21)	**TABATA** NICOLE			***MAR 4 CLASSES***
5:30PM	MAIN	**XXXX**	**BOSU BLAST** TIFFANY TIFF PARKER (2/21)	**KICKBOXING** BETH (no class 2/22)	**CYCLE** TIFFANY (no class 2/23)		**9AM *YOGA** JENNIEFER (yoga)
	YOGA	**XXXX**	**PIYO** BETH (no class 2/21)	**PILATES** NICOLE	***YOGA** JENNIFER		

***1 HOUR CLASS** **BELLA HOURS FEBRUARY 20—8AM - NOON**