

# FEB 2025



SUN

MON

TUE

WED

THU

FRI

SAT

Jan 31

Feb 1



POP-UP EVENING CLASSES



COOL!



6:30 pm (30m)  
STEP-ISH

9:00 am (40m)  
STRONGER  
9:45 am (30m)  
HOME  
STRETCH

2

3

4

5

6

7

8



8:00 am (30m)  
STRONGER  
8:35 am (25m)  
HOME  
STRETCH

9:00 am (30m)  
CORE 'n  
SHOULDER  
SCULPT

8:30 am (40m)  
SOLID

9:00 am (40m)  
STRONGER  
9:45 am (30m)  
HOME  
STRETCH

9

10

11

12

13

14

15



AAAH...



5:30 pm (30m)  
CANDLELIGHT  
STRETCH

FREE VIDEO LIBRARY ACCESS  
Feb 10-20

16

17

18

19

20

21

22

Promo code:



LOVEYOURSELF

9:00 am (40m)  
STRONGER  
9:45 am (30m)  
HOME  
STRETCH

23

24

25

26

27

28



YAY!



5:30 pm (40m)  
MONDAY  
MADNESS

8:00 am (30m)  
STRONGER  
8:35 am (25m)  
HOME  
STRETCH

9:00 am (30m)  
CORE 'n ARMS  
& LEGS

8:30 am (40m)  
SOLID

\*\* All times are in Pacific Time (Canada, USA)

Donations ♥ Jan Feb Mar '25



CANADIAN  
RED CROSS

