

THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

February Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 7:00am (60min) <i>Body Circuit-</i> Rachel 8:00am (60min) Relax Into Stretch - Daria 11:30am (60min) <i>Water Fitness-</i> Harlan	2 8:30am (60min) <i>Body Sculpt-</i> Katie
3 9:00am (60min) <i>Body Weight</i> Bootcamp - Rachel	4 7:15am (60min) Vinyasa- Kelly 8:15am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan 5:30pm (60min) Ballet Barre- Daria	5 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan	6 7:45am (60min) Barre-Lates- Kelly 9:00am (60min) Focus on Flexibility- Harlan	7 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-- Daria 10:00 am (60min) Water Fitness- Harlan	8 7:00am (60min) <i>Body Circuit-</i> Rachel 8:00am (60min) Relax Into Stretch - Daria 11:30am (60min) Water Fitness- Harlan	9 8:30am (60min) Barre Sculpt – Jane
10 9:00am (60min) <i>Body Weight</i> Bootcamp - Rachel	11 7:15am (60min) Vinyasa- Kelly 8:15am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan 5:30pm (60min) Ballet Barre- Daria	12 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan	13 7:45am (60min) Barre-Lates- Daria 9:00am (60min) Focus on Flexibility- Harlan	14 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-- Daria 10:00 am (60min) Water Fitness- Harlan	15 7:00am (60min) <i>Body Circuit-</i> Rachel 11:30am (60min) Water Fitness- Harlan	16 8:30am (60min) Body Sculpt – Katie
17 9:00am (60min) <i>Body Weight</i> Bootcamp - Rachel	18 7:15am (60min) Vinyasa- Daria 8:15am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan 5:30pm (60min) Ballet Barre- Daria	19 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan	20 7:45am (60min) Barre-Lates- Kelly 9:00am (60min) Focus on Flexibility- Harlan	21 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-- Kelly 10:00 am (60min) Water Fitness- Harlan	22 7:00am (60min) <i>Body Circuit-</i> Rachel 8:00am (60min) Relax Into Stretch - Daria 11:30am (60min) Water Fitness- Harlan	23 8:30am (60min) Body Sculpt – Katie
24 9:00am (60min) <i>Body Weight</i> Bootcamp - Rachel	25 7:15am (60min) Vinyasa- Kelly 8:15am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan	26 7:00am (60min) Cardio Blast- Rachel 8:30am (60min) <i>Body Sculpt-</i> Katie 11:30am (60min) Water Fitness- Harlan	27 7:45am (60min) Barre-Lates- Kelly 9:00am (60min) Focus on Flexibility- Harlan	28 7:30 am (60min) Cross Circuits- Robin 8:30am (60min) Yin-Yasa-- Kelly 10:00 am (60min) Water Fitness- Harlan		