

# Pointe Fitness and Training Center February 2012 Group Fitness and SPINNING Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Don't forget your Valentine!!!! <u>February 14th!!!!</u></p>						
			<u>1-Feb</u>	<u>2-Feb</u>	<u>3-Feb</u>	<u>4-Feb</u>
			5:45 AM-SPINNING-COLLEEN 8:30 AM - Yoga - DONNIE 11:00 AM Muscle Tec-MIKE 4:30 PM - Cardio-Mix - BILL 6:00 PM -Pilates-JULIE  <u>6:30 PM SPINNING-MIKE</u>	5:45 AM-TNT-AnnMarie 8:30 AM - Kick&Core -ROSA  4:30 PM - Yoga - ELLIE  <u>6:30 PM SPINNING-JANE</u> 7:00 PM -TNT - TONI 8:00 PM - ZUMBA- SUSAN	5:45 AM - STEP- TRACY 8:30 AM-TNT- ROSA  11:00 AM Muscle Tec-MIKE  4:30 PM - Cardio-Mix - BILL	8:00 AM-Kickbox- SARAH  9:00 AM - T'N'T - SARAH  10:00 AM-ZUMBA-SUSAN
<u>5-Feb</u>	<u>6-Feb</u>	<u>7-Feb</u>	<u>8-Feb</u>	<u>9-Feb</u>	<u>10-Feb</u>	<u>11-Feb</u>
9:00 AM-CardioMix-CHRISTY 10:15 AM- Pilates- TRACY  <u>10:00 AM-SPINNING-VAL K</u>  	<u>5:45 AM-SPINNING-VAL K</u> 8:45 AM-TNT- ROSA  4:30 PM - Cardio-Mix - BILL 6:00 PM-Abs/Glutes-CHRISTY 6:30 PM - STEP-CHRISTY <u>6:30 PM SPINNING-MIKE</u> 7:30 PM - Yoga - DONNIE	5:45 AM -Circuit -AnnMarie 9:00 AM TurboKick-Shantell  4:30 PM - Yoga - ELLIE 6:00 PM - Kickbox - SARAH <u>6:30 PM - SPINNING-MIKE</u> 7:00 PM -TNT - TONI	<u>5:45 AM-SPINNING-COLLEEN</u> 8:30 AM - Yoga - DONNIE 11:00 AM Muscle Tec-MIKE 4:30 PM - Cardio-Mix - BILL 6:00 PM -Pilates-ROSA  <u>7:00 PM-SPINNING-TONI</u>	5:45 AM-TNT-AnnMarie 8:30 AM - Kick&Core -ROSA  4:30 PM - Yoga - ELLIE  <u>6:30 PM SPINNING-TONI</u> 7:00 PM -TNT - TRACY 8:00 PM - ZUMBA- SUSAN	5:45 AM - STEP- TRACY 8:30 AM-TNT- ROSA  11:00 AM Muscle Tec-MIKE  4:30 PM - Cardio-Mix - BILL	8:00 AM-STEP- TRACY  9:00 AM - T'N'T -TRACY  10:00 AM-ZUMBA-SUSAN  
<u>12-Feb</u>	<u>13-Feb</u>	<u>14-Feb</u>	<u>15-Feb</u>	<u>16-Feb</u>	<u>17-Feb</u>	<u>18-Feb</u>
9:00 AM-CardioMix-CHRISTY 10:15 AM- Pilates- VAL  <u>10:00 AM-SPINNING-COLLEEN</u>	<u>5:45 AM-SPINNING-VAL K</u> 8:45 AM-TNT- ROSA  4:30 PM - Cardio-Mix - BILL 6:00 PM-Abs/Glutes-TONI 6:30 PM - STEP-TRACY <u>6:30 PM SPINNING-MIKE</u> 7:30 PM - Yoga - DONNIE	5:45 AM -Circuit -AnnMarie 9:00 AM TurboKick-Shantell  4:30 PM - Yoga - ELLIE 6:00 PM - Kickbox - SARAH <u>6:30 PM - SPINNING-NINO</u> 7:00 PM -TNT - TONI 	<u>5:45 AM-SPINNING-COLLEEN</u> 8:30 AM - Yoga - DONNIE 11:00 AM Muscle Tec-MIKE 4:30 PM - Cardio-Mix - BILL 6:00 PM -Pilates-JULIE  <u>7:00 PM-SPINNING-JANE</u>	5:45 AM-TNT-AnnMarie 8:30 AM - Kick&Core -ROSA  4:30 PM - Yoga - ELLIE  <u>6:30 PM SPINNING-JANE</u> 7:00 PM -TNT - TONI 8:00 PM - ZUMBA- SUSAN	5:45 AM - STEP- TRACY 8:30 AM-TNT- ROSA  11:00 AM Muscle Tec-MIKE  4:30 PM - Cardio-Mix - BILL	8:00 AM-HIITS- TONI  9:00 AM - T'N'T - TONI  10:00 AM-ZUMBA-SUSAN
<u>19-Feb</u>	<u>20-Feb</u>	<u>21-Feb</u>	<u>22-Feb</u>	<u>23-Feb</u>	<u>24-Feb</u>	<u>25-Feb</u>
9:00 AM-CardioMix-TRACY 10:15 AM- Pilates- TRACY  <u>10:00 AM-SPINNING-VAL K</u>	<u>5:45 AM-SPINNING-TONI</u> 8:45 AM-TNT- ROSA  4:30 PM - Cardio-Mix - BILL 6:00 PM-Abs/Glutes-CHRISTY 6:30 PM - STEP-CHRISTY <u>6:30 PM SPINNING-MIKE</u> 7:30 PM - Yoga - DONNIE	5:45 AM -Circuit -AnnMarie 9:00 AM TurboKick-Shantell  4:30 PM - Yoga - ELLIE 6:00 PM - Kickbox - SARAH <u>6:30 PM - SPINNING-NINO</u> 7:00 PM -TNT - TONI	<u>5:45 AM-SPINNING-COLLEEN</u> 8:30 AM - Yoga - DONNIE 11:00 AM Muscle Tec-MIKE 4:30 PM - Cardio-Mix - BILL 6:00 PM -Pilates-ROSA  <u>7:00 PM-SPINNING-TONI</u>	5:45 AM-TNT-AnnMarie 8:30 AM - Kick&Core -ROSA  4:30 PM - Yoga - ELLIE  <u>6:30 PM SPINNING-JANE</u> 7:00 PM -TNT - TRACY 8:00 PM - ZUMBA- SUSAN	5:45 AM - STEP- TRACY 8:30 AM-TNT- ROSA  11:00 AM Muscle Tec-MIKE  4:30 PM - Cardio-Mix - BILL	8:00 AM-CardioMix- TRACY  9:00 AM - T'N'T -TRACY  10:00 AM-ZUMBA-SUSAN
<u>26-Feb</u>	<u>27-Feb</u>	<u>28-Feb</u>	<u>29-Feb</u>	<div style="text-align: center;"> <p><b>ZUMBA on a Tuesday!!!?</b> February 28th at 5:45 pm</p>  <p>Saturday 8:00 am Classes                          February 4 - KickBox                          February 11 - Step                          February 18 - H I I T S                          February 25 CardioMix</p> </div>		
9:00 AM-CardioMix-Christy 10:15 AM- Pilates- VAL  <u>10:00 AM-SPINNING-NINO</u>	<u>5:45 AM-SPINNING-VAL K</u> 8:45 AM-TNT- ROSA  4:30 PM - Cardio-Mix - BILL 6:00 PM-Abs/Glutes-TONI 6:30 PM - STEP-TRACY <u>6:30 PM SPINNING-COLLEEN</u> 7:30 PM - Yoga - DONNIE	5:45 AM -Circuit -AnnMarie 9:00 AM TurboKick-Shantell  4:30 PM - Yoga - ELLIE 5:45 PM - ZUMBA-CHRISTINA <u>6:30 PM - SPINNING-NINO</u> 7:00 PM -TNT - TONI	<u>5:45 AM-SPINNING-COLLEEN</u> 8:30 AM - Yoga - DONNIE 11:00 AM Muscle Tec-MIKE 4:30 PM - Cardio-Mix - BILL 6:00 PM -Pilates-JULIE  <u>7:00 PM-SPINNING-MIKE</u>			
 <p>www.pointefitness.com                      19556 Harper Ave                      Harper Woods, MI                      48225</p>						