

February



The Ultimate Hand for Health

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:00 AM – Burn 30 (Women) 5:30 PM – Core & Circuit (Coed)	3 6:15 AM - Burn 30 (Women) 5:00 PM - Sweat & Sarcasm (Coed)	4 5:30 AM - Sweat & Sarcasm (Coed) 7:00 AM - Burn 30 (Women) 6:00 PM - Burn & Balance (Coed)	5 6:15 AM - Burn 30 (Women) 5:00 PM – Sweat & Sarcasm (Coed) 6:00 PM - Music Bingo Night	6 7:00 AM - Burn 30 (Women)	7 8:00 AM - Sweat & Sarcasm (Coed) 10:00 AM - Stretch & Restore Yin Yoga Pop-up 11:00 AM – Belly Dancing
9 7:00 AM – Burn 30 (Women) 5:30 PM – Core & Circuit (Coed)	10 6:15 AM - Burn 30 (Women) 5:00 PM - Sweat & Sarcasm (Coed)	11 7:00 AM - Burn 30 (Women) 6:00 PM - Burn & Balance (Coed)	12 6:15 AM - Burn 30 (Women)	13 6:00 AM - Stretch & Restore Yin Yoga Pop-up 7:00 AM - Burn 30 (Women)	14 8:00 AM - Sweat & Sarcasm (Coed) 11:00 AM – Belly Dancing
16 7:00 AM – Burn 30 (Women) 5:30 PM – Core & Circuit (Coed)	17 6:15 AM - Burn 30 (Women) 5:00 PM - Sweat & Sarcasm (Coed)	18 5:30 AM - Sweat & Sarcasm (Coed) 7:00 AM - Burn 30 (Women) 6:00 PM - Burn & Balance (Coed)	19 6:15 AM - Burn 30 (Women) 5:00 PM – Sweat & Sarcasm (Coed)	20 7:00 AM - Burn 30 (Women)	21 8:00 AM - Sweat & Sarcasm (Coed) 11:00 AM – Belly Dancing
23 7:00 AM – Burn 30 (Women) 5:30 PM – Core & Circuit (Coed)	24 6:15 AM - Burn 30 (Women) 5:00 PM - Sweat & Sarcasm (Coed)	25 5:30 AM - Sweat & Sarcasm (Coed) 7:00 AM - Burn 30 (Women) 6:00 PM - Burn & Balance (Coed)	26 6:15 AM - Burn 30 (Women) 5:00 PM – Sweat & Sarcasm (Coed) 6:00 PM - Music Bingo Night	27 7:00 AM - Burn 30 (Women)	28 8:00 AM - Sweat & Sarcasm (Coed) 10:00 AM - Zumba Pop-up 11:00 AM – Belly Dancing