

NFB Fitness February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:30am No Class	3 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	4 9:30a Box45 5P Core Strength 6P Core Strength	5 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	6 930a Dumbbell Hiit 5p Dumbbell Hiit 6p Tabata	7 6:15a Box 45	8 8:30a Box45 9:30a Box45
9 9:30am Full Body Bootcamp	10 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	11 9:30a NO Class 5p LIFT	12 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	13 9:30a Yoga 5p Yoga Flow 6p LIFT	14 6:15a Box 45	15 8:30a Box45 9:30a Box45
16 9:30am No Class	17 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	18 9:30a Box45 5p SCULPT 6p SCULPT	19 6:15a Box 45 9:30a Box45 5p Box45	20 9:30a Bootcamp 5P Core Strength 6P Yoga Flow	21 6:15a Box 45	22 8:30a Box45 9:30a Box45
23 9:30am Full Body Bootcamp	24 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	25 9:30a Tabata 5p Tabata 6p Tabata	26 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	27 9:30a Yoga 5p Barbells Beats 6P Strength Trng	28 6:15a Box45	3/1 8:30a Box45 9:30a Box45
3/2 9:30 am Full body Bootcamp	3/3 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	3/4 9:30a Box45 5p RIPPED	3/5 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	3/6 9:30a Strength 5p Core Strength 6p Tabata	3/7 6:15a Box45	3/8 8:30a Box45 9:30a Box45