

# HardCore Pilates & Fitness

## FEBRUARY 2010 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(30) indicates a 30-minute express class. Express classes have a \$7 drop in fee.					
<b>1</b> <b>8:00</b> – TurboKick <b>9:15</b> – All Levels Reformer  <b>5:00</b> – Level 3 Reformer <b>6:15</b> – HardCoreBURN <b>7:30</b> – HardCoreSPIN	<b>2</b> <b>9:15</b> – HardCoreLIFT  <b>5:00</b> – Pilates Mat <b>5:00</b> – All Levels Reformer <b>6:15</b> – HardCoreCOMPLEX <b>6:15</b> – Fusion <b>7:15</b> – Level 1 Reformer <b>7:15</b> – TurboKick	<b>3</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreBURN  <b>5:00</b> – HardCorePLYO (30) <b>5:30</b> – HardCoreASS&ABS (30) <b>6:15</b> – Zumba <b>6:15</b> – Reformer Jumpboard <b>7:30</b> – PiYo	<b>4</b> <b>8:15</b> – HardCoreSPIN <b>9:15</b> – All Levels Reformer  <b>5:00</b> – HardCoreBOSU <b>5:00</b> – HardCoreSPIN <b>6:00</b> – HardCoreLIFT <b>6:00</b> – Level 2 Reformer <b>7:15</b> – Hip Hop Hustle <b>7:15</b> – Fusion	<b>5</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreCOMPLEX  <b>7:00pm</b> – HardCoreSPIN	<b>6</b> <b>8:00</b> – Pilates Mat <b>8:00</b> – Level 3 Reformer <b>9:15</b> – HardCoreLIFT <b>9:15</b> – Level 2 Reformer <b>10:30</b> – TurboKick <b>10:30</b> – Level 1 Reformer <b>11:30</b> – PiYo <b>11:30</b> – Fusion
<b>8</b> <b>8:00</b> – TurboKick <b>9:15</b> – All Levels Reformer  <b>5:00</b> – Level 3 Reformer <b>6:15</b> – HardCoreBURN <b>7:30</b> – HardCoreSPIN	<b>9</b> <b>9:15</b> – HardCoreLIFT  <b>5:00</b> – Pilates Mat <b>5:00</b> – All Levels Reformer <b>6:15</b> – HardCoreCOMPLEX <b>6:15</b> – Fusion <b>7:15</b> – Level 1 Reformer <b>7:15</b> – TurboKick	<b>10</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreBURN  <b>5:00</b> – HardCorePLYO (30) <b>5:30</b> – HardCoreASS&ABS (30) <b>6:15</b> – Zumba <b>6:15</b> – Reformer Jumpboard <b>7:30</b> – PiYo	<b>11</b> <b>8:15</b> – HardCoreSPIN <b>9:15</b> – All Levels Reformer  <b>5:00</b> – HardCoreBOSU <b>5:00</b> – HardCoreSPIN <b>6:00</b> – HardCoreLIFT <b>6:00</b> – Level 2 Reformer <b>7:15</b> – Hip Hop Hustle <b>7:15</b> – Fusion	<b>12</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreCOMPLEX  <b>7:00pm</b> – HardCoreSPIN	<b>13</b> <b>8:00</b> – Pilates Mat <b>8:00</b> – Level 3 Reformer <b>9:15</b> – HardCoreLIFT <b>9:15</b> – Level 2 Reformer <b>10:30</b> – TurboKick <b>10:30</b> – Level 1 Reformer <b>11:30</b> – PiYo <b>11:30</b> – Fusion <b>12:30</b> – Stretch Workshop
<b>15</b> <b>8:00</b> – TurboKick <b>9:15</b> – All Levels Reformer  <b>5:00</b> – Level 3 Reformer <b>6:15</b> – HardCoreBURN <b>7:30</b> – HardCoreSPIN	<b>16</b> <b>9:15</b> – HardCoreLIFT  <b>5:00</b> – Pilates Mat <b>5:00</b> – All Levels Reformer <b>6:15</b> – HardCoreCOMPLEX <b>6:15</b> – Fusion <b>7:15</b> – Level 1 Reformer <b>7:15</b> – TurboKick	<b>17</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreBURN  <b>5:00</b> – HardCorePLYO (30) <b>5:30</b> – HardCoreASS&ABS (30) <b>6:15</b> – Zumba <b>6:15</b> – Reformer Jumpboard <b>7:30</b> – PiYo	<b>18</b> <b>8:15</b> – HardCoreSPIN <b>9:15</b> – All Levels Reformer  <b>5:00</b> – HardCoreBOSU <b>5:00</b> – HardCoreSPIN <b>6:00</b> – HardCoreLIFT <b>6:00</b> – Level 2 Reformer <b>7:15</b> – Hip Hop Hustle <b>7:15</b> – Fusion	<b>19</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreCOMPLEX  <b>7:00pm</b> – HardCoreSPIN	<b>20</b> <b>8:00</b> – Pilates Mat <b>8:00</b> – Level 3 Reformer <b>9:15</b> – HardCoreLIFT <b>9:15</b> – Level 2 Reformer <b>10:30</b> – TurboKick <b>10:30</b> – Level 1 Reformer <b>11:30</b> – PiYo <b>11:30</b> – Fusion
<b>22</b> <b>8:00</b> – TurboKick <b>9:15</b> – All Levels Reformer  <b>5:00</b> – Level 3 Reformer <b>6:15</b> – HardCoreBURN <b>7:30</b> – HardCoreSPIN	<b>23</b> <b>9:15</b> – HardCoreLIFT  <b>5:00</b> – Pilates Mat <b>5:00</b> – All Levels Reformer <b>6:15</b> – HardCoreCOMPLEX <b>6:15</b> – Fusion <b>7:15</b> – Level 1 Reformer <b>7:15</b> – TurboKick	<b>24</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreBURN  <b>5:00</b> – HardCorePLYO (30) <b>5:30</b> – HardCoreASS&ABS (30) <b>6:15</b> – Zumba <b>6:15</b> – Reformer Jumpboard <b>7:30</b> – PiYo	<b>25</b> <b>8:15</b> – HardCoreSPIN <b>9:15</b> – All Levels Reformer  <b>5:00</b> – HardCoreSPIN <b>6:00</b> – HardCoreLIFT <b>7:15</b> – Hip Hop Hustle <b>7:15</b> – Fusion	<b>26</b> <b>6:00am</b> – HardCoreSPIN <b>9:15</b> – HardCoreCOMPLEX  <b>7:00pm</b> – ZUMBA Party!	<b>27</b> <b>8:00</b> – Level 3 Reformer <b>9:15</b> – HardCoreLIFT <b>10:30</b> – TurboKick <b>10:30</b> – All Lvls. Reformer <b>11:30</b> – PiYo

**PLEASE NOTE: Schedule is subject to change. Please check the web scheduler for updates and/or cancellations.**