

February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	31	1 @Seisen Gym 9-10am Adults 10:10-11:00 Kids Age 5+ 11:10-11:50 Kids Age 2+
2	3 Bodyweight Training @Studio Liberty 1:30-2:30pm ADULTS	4 Teen Fitness @Komazawa Park 4:30-5:30pm Teens	5 Stretch & Relax @Studio Liberty 1:30-2:30pm ADULTS	6	7	8
9 Bodyweight Training @Studio Liberty 1:30-2:30pm ADULTS	10	11 Stretch & Relax @Studio Liberty 1:30-2:30pm ADULTS	12	13	14	15 @Seisen Gym 9-10am Adults 10:10-11:00 Kids Age 5+ 11:10-11:50 Kids Age 2+
16	17	18	19	20	21 COOKING @Apples Studio 10:15-11:45am Kid Age 5+	22
23	24	25 Bodyweight Training @Studio Liberty 1:30-2:30pm ADULTS	26	27 Stretch & Relax @Studio Liberty 1:30-2:30pm ADULTS	28	29 @Seisen Gym 9-10am Adults 10:10-11:00 Kids Age 5+ 11:10-11:50 Kids Age 2+