

Malmstrom Fitness Center February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 0500 CrossFit 0530 Brazilian Jujitsu 0815 Insanity 1130 CrossFit 1700 CrossFit 1700 Zumba	2	3
4 0500 CrossFit 1130 CrossFit 1700 CrossFit 1800 Brazilian Jujitsu 1700 Zumba	5 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	6 0500 CrossFit 0600 Missile Power Fitness 0700 Running Clinic 0900 SPIN 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	7 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	8 0500 CrossFit 0530 Brazilian Jujitsu 0815 Insanity 1130 CrossFit 1700 CrossFit 1700 Zumba	9	10
11 0500 CrossFit 1130 CrossFit 1700 CrossFit 1800 Brazilian Jujitsu 1700 Zumba	12 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	13 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	14 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	15 0500 CrossFit 0530 Brazilian Jujitsu 0815 Insanity 1130 CrossFit 1700 CrossFit 1700 Zumba	16	17
18 Martin Luther King Day Holiday Hours	19 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	20 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	21 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	22 0500 CrossFit 0530 Brazilian Jujitsu 0815 Insanity 1130 CrossFit 1700 CrossFit 1700 Zumba	23	24
25 0500 CrossFit 1130 CrossFit 1700 CrossFit 1800 Brazilian Jujitsu 1700 Zumba	26 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit	28 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1130 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu				