

FEBRUARY 2012

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	31 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	1 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	2 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	3 5:00a – 6:00a Peak Fit / Pinnacle Fit	4 8a – 9a Peak Fit
5	6 5:00a – 6:00a Peak Fit / Pinnacle Fit	7 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	8 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	9 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	10 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	11 8a – 9a Peak Fit
12	13 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	14 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	15 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	16 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	17 5:00a – 6:00a Peak Fit / Pinnacle Fit	18 8a – 9a Peak Fit
19	20 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	21 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	22 5:00a – 6:00a Peak Fit / Pinnacle Fit 12:30p – 1:30p NDB CC	23 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	24 5:00a – 6:00a Peak Fit / Pinnacle Fit	25 8a – 9a Peak Fit
26	27 5:00a – 6:00a Peak Fit / Pinnacle Fit	28 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	1 5:00a – 6:00a Peak Fit / Pinnacle Fit	2 5:45a – 6:45a Ascension Fit 5:45p – 6:45p Peak Fit	3 5:00a – 6:00a Peak Fit / Pinnacle Fit	4 8a – 9a Peak Fit