



Daxko Center
February 7th - February 13th

6896 Montevallo Park Road
Irondale, AL 35210
(205) 802-1255

	SAT 7	SUN 8	MON 9	TUE 10	WED 11	THU 12	FRI 13
5am	Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am	Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am		Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am	Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am	Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am	Ball and Barre Strength Climbing Wall Barry Simpson 5am - 6am
1pm					Intro to Weights and Stretching Group Exercise Bob Smith 1pm - 2pm		Intro to Weights and Stretching Group Exercise Bob Smith 1pm - 2pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.