



February



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
ENERGY ZONE EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery		INSTRUCTORS KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott		1 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	2 5:45-6:45 a.m.AS SEZ	3 7:30-8:30am AR SEZ
4	5 5:45-6:45 a.m.AS EEZ	6 6:45-7:45am AS IEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS IEZ	7 5:45-6:45 a.m.AS SEZ	8 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	9 5:45-6:45 a.m.AS IEZ	10 7:30-8:30am AR EEZ
11	12 5:45-6:45 a.m.AS SEZ	13 6:45-7:45am AS SEZ 12:00-12:45pm AR SEZ 5:15-6:15pm AS RDEZ	14 5:45-6:45 a.m.AS IEZ 	15 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	16 5:45-6:45 a.m.AS EEZ	17 7:30-8:30am AR SEZ
18	19 5:45-6:45 a.m.AS IEZ	20 6:45-7:45am AS EEZ 12:00-12:45pm AR IEZ 5:15-6:15pm AS EEZ	21 5:45-6:45 a.m.AS EEZ	22 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR SEZ	23 5:45-6:45 a.m.AS SEZ	24 7:30-8:30am AR IEZ
25 SAVE THE DATE VT Foodbank Fundraiser 	26 5:45-6:45 a.m.AS EEZ	27 6:45-7:45am AS IEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS IEZ	28 5:45-6:45 a.m.AS SEZ			

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