

RUSSIAN RIVER KETTLEBELLS FEBRUARY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am TRX Training 9:30am Kettlebell Flow w/ Gwen	2 6pm Student Practice Advanced	3	4 1:30pm Kettlebell / Pilates Class w/Gwen	5 NO CLASSES
6	7 NO CLASSES	8 9am TRX Training 9:30am Kettlebell Flow w/ Gwen	9 6pm Student Practice Advanced	10	11 1:30pm Kettlebell / Pilates Class w/Gwen	12 NO CLASSES
13	14 5:30 pm Kettlebell Class 6:30 pm Kettlebell Class	15 9am TRX Training 9:30am Kettlebell Flow w/ Gwen	16 6pm Student Practice Advanced	17	18 1:30pm Kettlebell / Pilates Class w/Gwen	19 8:30 am Kettlebell Class 9:45 am – 11am Intro to Kettlebell Workshop
20	21 5:30 pm Kettlebell Class 6:30 pm Kettlebell Class	22 9am TRX Training 9:30am Kettlebell Flow w/ Gwen	23 6pm Student Practice Advanced	24	25 1:30pm Kettlebell / Pilates Class w/Gwen	26 8:30 am Kettlebell Class 9:45 am – 11am Intro to Kettlebell Workshop
27	28 5:30 pm Kettlebell Class 6:30 pm Kettlebell Class	29 9am TRX Training 9:30am Kettlebell Flow w/ Gwen	30 6pm Student Practice Advanced	Gayle Hunter, RKC2 707.484.8869 www.russianriverkettlebells.com 235 Healdsburg Avenue, Suite 203 Healdsburg CA 95448 Weekend access code for elevator is *007		