

JANUARY 2021

GROUP X & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CLUB CLOSED	2
	**30-minute class *45-minute class	Instructors are subject to change!	NEW CLASSES MON & WED at 12:15 starting the 11th	Brandi is back on Wednesdays at 9am!!!	HAPPY NEW YEAR NO CLASSES	9:00am Full Body Fit- Rebekah
3	4	5	6	7	8	9
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-No class 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba@-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch- Doris 9:00am Cycle X-Brandi 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 11:10am Hatha Yoga-Emmy 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit- Rebekah
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
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24	25	26	27	28	29	30
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