

JANUARY

2024 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM CIRCUIT TRAINING W/ANNETTE	6:00 AM BODY PUMP W/ TAMEKA		6:00 AM BODY PUMP W/ TRISHA	6:00 AM CYCLE W/ TAMEKA	8:30 AM BODYPUMP W/ TAMEKA
	***** 5:30 PM ***** STRETCH W/TRISHA		5:00 PM YOGA W/ JILL		
6:00 PM BODY ATTACK W/ DENISSE		6:00 PM BODY PUMP W/ TRACEY	6:00 PM BODY COMBAT W/ Annette & Trisha		

***** **NEW CLASS FORMAT FOR TUESDAY 5:30 CLASS!!!!**

