

Fit for Life 24

JANUARY 2021 GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM		BODYPUMP TAMEK		BODYPUMP TRISHA	CYCLE TAMEKA	
5:30PM					BODYPUMP CHRISTI	
6:00PM		BODYATTACK DENISSE	BODYPUMP TRACEY	BODYCOMBAT JEN		