



Group Fitness Classes - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Classes	2 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Mirka 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	3 6:00a-6:45 Cycling - Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	4 6:30a-7:00 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 4:30p-5:30 Yoga – Mirka 5:30p-6:30 Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	5 8:30a-9:30 BodyPump – Lisa 5:30p-6:30 Stretch&Mobility - Raven	6 8:30a-9:30 BodyCombat – Lisa 9:30a-10:30 Yoga – Mirka
8 No Classes	9 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Mirka 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	10 6:00a-6:45 Cycling - Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	11 8:00a-8:30 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 4:30p-5:30 Yoga – Mirka 5:30p-6:30 Grit – Katrina Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	12 8:30a-9:30 BodyPump – Lisa 5:30p-6:30 Stretch&Mobility - Raven	13 8:30a-9:30 BodyCombat – Lisa 9:30a-10:30 Yoga – Mirka

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <i>No Classes</i>	16 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Mirka 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	17 6:00a-6:45 Cycling - Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Hannah	18 8:00a-8:30 Grit Athletic – Rachael 8:30a-9:30 Zumba – Canceled 4:30p-5:30 Yoga – Mirka 5:30p-6:30 Grit – Katrina Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	19 8:30a-9:30 BodyPump – Canceled 5:30p-6:30 Stretch&Mobility - Raven	20 8:30a-9:30 BodyCombat–Canceled 9:30a-10:30 Yoga – Mirka
22 <i>No Classes</i>	23 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Canceled 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling – Stephanie Barre - Hannah 6:30p-7:30 Zumba – Chanel	24 6:00a-6:45 Cycling - Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	25 8:00a-8:30 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 4:30p-5:30 Yoga – Mirka 5:30p-6:30 Grit – Katrina Cycling – Heather 7:00p-8:00 Hip Hop – Stephanie	26 8:30a-9:30 BodyPump – Lisa 5:30p-6:30 Stretch&Mobility - Raven	27 8:30a-9:30 BodyCombat – Lisa 9:30a-10:30 Yoga – Canceled
29 <i>No Classes</i>	30 8:30a-9:30 BodyPump – Rachael 9:30a-10:30 Yoga – Mirka 4:30p-5:30 Stretch&Mobility - Raven 5:30p-6:30 Cycling – Stephanie 6:30p-7:30 Zumba – Chanel	31 6:00a-6:45 Cycling - Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley			

SATURDAY

7

*No
Classes*

14

***SUPER
SATURDAY
LAUNCH!
8:30a-11a
Including:
Cycling,
BodyPump,
BodyCombat,
Grit,
Hip Hop,
Zumba,
Barre, Stretch***

SATURDAY

21

*No
Classes*

28

*No
Classes*