

Fit for Life 24 Apex Group Fitness January 2019

Launch Day: January 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
5:40-6:30 AM			CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODYPUMP Denise
9:00-10:00 AM			SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		NO CLASSES HAPPY NEW YEAR!		CYCLE SCULPT Melissa	BODYPUMP Latoya	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM			SENIOR FIT Elaine	SENIOR FIT Elaine		
2:00 -3:00 PM						
5:30-6:30 PM				BODY ATTACK Brigitte	BODY COMBAT Jen	
5:45- 6:30 PM			ZUMBA Anabel		BODY PUMP Christi	
6:00-7:00 PM			SMARTFIT HIIT UB	ZUMBA Anabel		
6:30 -7:30 PM				SMARTFIT HIIT LB		
7:00-8:00 PM						
	7	8	9	10	11	12
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah		CYCLE SCULPT Melissa	BODYPUMP Latoya	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM		BODYATTACK Denise	ZUMBA Anabel			
6:00-7:00 PM	SMARTFIT HIIT LB		SMARTFIT HIIT UB	ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen CYCLE **6:45**	CORE BLAST Alecia	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	14	15	16	17	18	19
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		LAUNCH DAY!!
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP 8:45am
9:00-10:00 AM	SMARTFIT HIIT UB				SMARTFIT HIIT UB	
9:30-10:30 AM		BODYPUMP Sarah	SMARTFIT HIIT LB	CYCLE SCULPT Melissa	BODYPUMP Tameka	

10-11:00 AM						BODYATTACK 10:00am
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT 11:15 am
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denis	SMARTFIT HIIT LB	ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen CYCLE **6:45**	CORE BLAST Alecia	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	21	22	23	24	25	26
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45- 9:45 AM						BODY PUMP Tracey
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB	CYCLE SCULPT Melissa	SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah			BODYPUMP Latoya	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denise	SMARTFIT HIIT LB	ZUMBA Anabel		
6:30-7:30PM	BODYCOMBAT Jen CYCLE **6:45**	CORE BLAST Alecia	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	28	29	30	31		
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM						
8:45-9:45 AM						
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB			
9:30-10:30 AM		BODYPUMP Sarah		CYCLE SCULPT Melissa		
10-11:00 AM						I
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine			
2:00-3:00 PM						
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte		
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denise	SMARTFIT HIIT LB	ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen CYCLE **6:45**	CORE BLAST Alecia	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				