



GROUP FITNESS SCHEDULE January 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|---|------------------------------|-----------------------------|---|---|
| | 27 | 28 | 29 | 30 | 31 | 1 |
| | | | | | | |
| | 3 | 4 | 5 | 6 | 7 | 8 |
| 7:00 AM | | | | Body Jam Kristie | | |
| 7:20 AM | | Body Combat Jessica | | | Body Pump Bobby | |
| 8:30AM | Body Pump Rachael | | Zumba Bobby | Body Pump Lisa | Body Combat Lisa | BODYPUMP Jessica Cycling Stephanie |
| 5:30PM | Body Pump - | BODYPUMP -Kristie | CYCLING Patrice | BODY PUMP Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat - Ashley | | | | |
| 7:00PM | | | Hip Hop Stephanie | | | |
| | 10 | 11 | 12 | 13 | 14 | 15 |
| | | Body Combat- LAUNCH Hannah/Jessica/Ashley | | LAUNCH Body Jam- Kristie | | |
| 7:20AM | | | | | Body Pump- Bobby | |
| 8:30AM | Body Pump- LAUNCH Rachael/Jessica/Bobby /Lisa | | Zumba-Bobby LAUNCH | LAUNCH Body Pump - Lisa | Body Combat- LAUNCH Lisa/Jessica/Ashley | <ul style="list-style-type: none"> BODYPUMP LAUNCH Bobby/Lisa/Jessica/Lori LAUNCH Cycling Patrice |
| 5:30PM | Body Pump – Heather/Lori LAUNCH CYCLING - Stephanie | Launch BODYPUMP Kristie | LAUNCH Cycling- Patrice | Body Pump-Jessica | | |
| 6:30PM | LAUNCH Zumba - Chanel | Body Combat – LAUNCH Ashley | | | | |
| 7:00PM | | | Hip Hop- LAUNCH Stephanie | | | |
| | 17 | 18 | 19 | 20 | 21 | 22 |
| 7:00AM | | | | Body Jam- Kristie | | |
| 7:20AM | | Body Combat- Jessica | | | Body Pump- bobby | |

| | | | | | | |
|---------------|---|-------------------------|---------------------|--------------------|--------------------|---|
| 8:30AM | Body Pump- Racheal | | Zumba- Bobby | Body Pump- Lisa | Body Combat - Lisa | BODYPUMP Jessica 8:30am Cycling- Stephanie |
| 5:30PM | Body Pump-Heather CYCLING - Stephanie | BODYPUMP Kristie | Cycling- Patrice | Body Pump- Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat - Ashley | | | | |
| 7:00PM | | | Hip Hop-Stephanie | | | |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| 7:00AM | | Body Combat- Hannah | | Body Jam- Kristie | | |
| 7:20AM | | | | | Body Pump- Bobby | |
| 8:30AM | Body Pump- Rachael | | Zumba - bobby | Body Pump - Lisa | Body Combat - Lisa | BODYPUMP Bobby Cycling - Patrice |
| 5:30PM | Body Pump- Heather Cycling - Stephanie | BODYPUMP - Kristie | Cycling- Patrice | Body Pump-Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat- Ashley | | | | |
| 7:00PM | | | Hip Hop - Stephanie | | | |
| | 30 | 31 | Feb 1 | Feb 2 | Feb 3 | Feb 4 |
| 7:00AM | | | | Body Jam- Kristie | | |
| 7:20AM | | Body Combat- Jessica | | | Body Pump- Bobby | |
| 8:30AM | Body Pump - Rachael | | Zumba - Bobby | Body Pump- Lisa | Body Combat - Lisa | Body Pump Cycling - Patrice |
| 5:30PM | Body Pump- Heather Cycling- Stephanie | Body Pump- Kristie | Cycling Patrice | Body Pump- Jessica | | |
| 6:30PM | Zumba- Chanel | Body Combat- Ashley | | | | |
| 7:00PM | | | Hip Hop - Stephanie | | | |