



Group Fitness Classes - January

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------|---|--|---|--|---|
| 1 <i>No Classes</i> | 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 w/Hannah 6:30p-7:30 Zumba – Chanel | 3 6:00a-7:00a Cycling – Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley | 4 6:30a-7a 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 <i>No Classes</i> | 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-7:00a cycling-Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley | 11 6:30a-7a 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 | 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 |



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|------------------------------------|--|---|--|--|---|
| 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-7:00a Cycling-Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Hannah | 18 6:30a-7:00a Grit Athletic – Rachael 8:30a-9:30 Zumba – Canceled 4:30p-5:30 Yoga – Mirka 5:30p-6:30 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-7:00 Cycling-Rachael 8:00a-8:30 Grit Strength – Bobby 5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley | 25 6:30a-7:00 Grit Athletic – Rachael 8:30a-9:30 Zumba – Bobby 4:30p-5:30 Stretch & Mobility- 5:30p-6:30 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 –Cancelled |
| 29 <i>No</i> | 30 8:30a-9:30 | 31 6:00a-7:00 Cycling-Rachael 8:00a-8:30 | | | |

Classes

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

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*


