



JANUARY 2023 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM CIRCUIT TRAINING W/TRISHA	6:00 AM BODY PUMP W/ TAMEKA 5:00PM YOGA W/JILL	12 NOON YOGA SCULPT w/BRANDI	6:00 AM BODY PUMP W/ TRISHA 5:00 PM YOGA W/ JILL	6:00 AM CYCLE W/ TAMEKA	8:30 AM BODYPUMP W/ TAMEKA
6:00 PM BODY ATTACK W/ DENISSE	6:00 PM ZUMBA W/YVONNE	6:00 PM BODY PUMP W/ TRACEY	6:00 PM BODY COMBAT W/ JOEL&	5:30 BODY PUMP W/JENN OR TAMEKA	

