

MONDAY 1/10	TUESDAY 1/11	WEDNESDAY 1/12	THURSDAY 1/13	FRIDAY 1/14	SATURDAY 1/15			
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio			
5:35a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30a Pilates	Betsy Heather Marisa Amy	5:35a Bootcamp 9:15a Muscle Strength 10:30a Gentle Yoga 11:45a MX4	Tricia Denae Laura Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30am Back to Basics	Michelle Gigi Sarah	6:45a Muscle strength 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Heather Natalie Paige	8:15a Kickbox Natalie
4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Natalie Natalie Natalie Natalie	4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr)	Canceled Canceled	6:00p Zumba 7:00pm Yoga	Carolina Tricia	CYCLE Studio 8:15a Cycle Mia		
	5:00p Butts & guts 6:15pm MX4	Heather Marisa	6:00p Power Strength 7:15p Pilates	Hannah Amy		POOL 9:00 Aq aerobics Susie		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio			
9:30am Cycle 6:00p Cycle	Heather Betsy	5:35am Cycle 6:00p Cycle	Betsy Betsy	10:30a Cycle & strength 5:35a Cycle & strength 6:00p Cycle	Natalie Janice Tricia	9:30a Cycle Marisa		
POOL	POOL	POOL	POOL	POOL	POOL			
9:00a Aqua Zumba	Hannah	9:00a Water Explosion	Heather	7:00p Aqua circuits	Susie	9:00a Aqua Aerobics Rachael		
	7:00p Aqua Tabata	Kristi						
SUNDAY 1/16								

MONDAY 1/17	TUESDAY 1/18	WEDNESDAY 1/19	THURSDAY 1/20	FRIDAY 1/21	SATURDAY 1/22			
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio			
5:35a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30a Pilates	Betsy Phillip Marisa Amy	5:35a Bootcamp 9:15a Muscle Strength 10:30a Gentle Yoga 11:45a MX4	Phillip Denae Laura Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30am Back to Basics	Michelle Gigi Sarah	6:45a Muscle strength 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Paige	8:15a Muscle & cardio Natalie
4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Natalie Natalie Natalie Natalie	4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr)	Jennifer Jennifer	6:00p Zumba 7:00pm Yoga	Carolina Canceled	CYCLE Studio 8:15a Cycle Chris		
	5:00p Butts & guts 6:15pm MX4	Heather Marisa	6:00p Power Strength 7:15p Pilates	Hannah Amy		POOL 9:00 Aq aerobics Susie		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio			
9:30am Cycle 6:00p Cycle	Heather Betsy	5:35am Cycle 6:00p Cycle	Betsy Phillip	10:30a Cycle & strength 5:35a Cycle & strength 6:00p Cycle	Phillip Janice Heather	9:30a Cycle Tricia		
POOL	POOL	POOL	POOL	POOL	POOL			
9:00a Aqua Zumba	Hannah	9:00a Water Explosion	Heather	7:00p Aqua circuits	Phillip	9:00a Aqua Aerobics Rachael		
	7:00p Aqua Tabata	Kristi						
SUNDAY 1/23								

MONDAY 1/24	TUESDAY 1/25	WEDNESDAY 1/26	THURSDAY 1/27	FRIDAY 1/28	SATURDAY 1/29	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
5:35a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30a Pilates	Betsy Phillip 8:00a Zumba 9:00a Barre 10:00a Tone Zone	Carolina Heather 9:15a Muscle Strength 10:30a Gentle Yoga 11:45a MX4	Phillip Denae 9:15a Circuit Bootcamp 9:15a Danz Insanity 10:30am Back to Basics	Michelle Gigi 8:45a Muscle strength 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie 8:15a Kickbox CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Zumba	Natalie Heather Paige Hannah
4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Natalie 5:00p Butts & guts 6:15pm MX4	Heather Marisa 4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 6:00p Power Strength 7:15p Pilates	Jennifer Jennifer 6:00p Zumba 7:00pm Yoga	Julietta Tricia	SUNDAY 1/30 GX Studio	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio	
9:30am Cycle 6:00p Cycle	Heather Betsy 5:35am Cycle 6:00p Cycle	Phillip 10:30a Cycle & strength	Janice Tricia 5:35a Cycle & strength 6:00p Cycle	Geraldine 9:30a Cycle		
POOL	POOL	POOL	POOL	POOL		
9:00a Aqua Zumba	Hannah 7:00p Aqua Tabata	Kristi 9:00a Water Explosion	Heather 7:00p Aqua circuits	Susie 9:00a Aqua Aerobics	Rachael	

MONDAY 1/31	TUESDAY 2/1	WEDNESDAY 2/2	THURSDAY 2/3	FRIDAY 2/4	SATURDAY 2/5	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
5:35a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30a Pilates	Betsy Phillip 8:00a Zumba 9:00a Barre 10:00a Tone Zone	Carolina Heather 9:15a Muscle Strength 10:30a Gentle Yoga 11:45a MX4	Phillip Geraldine 8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30am Back to Basics	Michelle Gigi 6:45a Muscle strength 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie 8:15a Muscle & cardio CYCLE Studio 8:15a Cycle POOL 9:00 Aq aerobics	Geraldine Janice Heather
4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Natalie 5:00p Butts & guts 6:15pm MX4	Heather Marisa 4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 6:00p Power Strength 7:15p Pilates	Jennifer Jennifer 6:00p Zumba 7:00pm Yoga	Carolina Tricia	SUNDAY 2/6 GX Studio	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio	
9:30am Cycle 6:00p Cycle	Heather Betsy 5:35am Cycle 6:00p Cycle	Geraldine 10:30a Cycle & strength	Janice Tricia 5:35a Cycle & strength 6:00p Cycle	Geraldine 9:30a Cycle		
POOL	POOL	POOL	POOL	POOL		
9:00a Aqua Zumba	Hannah 7:00p Aqua Tabata	Kristi 9:00a Water Explosion	Heather 7:00p Aqua circuits	Phillip 9:00a Aqua Aerobics	Rachael	