

January 2018

GROUP FITNESS CALENDAR



Monday

1

NO CLASSES



Tuesday

2

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Vanessa

5:30pm Yoga - Ann

Wednesday

3

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

Thursday

4

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Vanessa

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

Friday

5

8:15am Total Body - Susan
9:15am Pilates - Ainsley

Saturday/Sunday

6

9:00am Step - Anna Maria

7

5:00pm Yoga - Ann

8

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

9

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Vanessa

5:30pm Yoga - Ann

10

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

11

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

12

8:15am Total Body - Candice
9:15am Pilates - Ainsley

13

9:00am TRX Circuits - Vanessa

14

5:00pm Yoga - Ann

15

8:15am Total Body - Susan
9:15am Pilates - Ainsley

16

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Latham

5:30pm Yoga - Ann

17

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

18

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

19

8:15am Total Body - Candice
9:15am Pilates - Ainsley

20

9:00am Step - Anna Maria

21

5:00pm Yoga - Ann

22

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

23

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Latham

5:30pm Yoga - Ann

24

8:15am Total Body - Candice
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

25

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ainsley

26

8:15am Total Body - Candice
9:15am Pilates - Ainsley

27

9:00am TRX Circuits - Vanessa

28

5:00pm Yoga - Pam

29

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

30

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Latham

5:30pm Yoga - Ann

31

8:15am Total Body - Candice
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa