

# Fitness Class Schedule - January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  HOLIDAY	2  6:30a: Boot Camp (KK/AT) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Zumba (BF)	3  12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	4
5	6  6:30a: HIIT/Core (KK) 12:00p: Yoga (TM) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	7  12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	8  12:00p: Zumba (BF) 4:45p: HIIT (KB)	9  6:30a: Boot Camp (KK/AT) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Zumba (BF)	10  12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	11
12	13  6:30a: HIIT/Core (KK) 12:00p: Yoga (TM) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	14  12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	15  12:00p: Zumba (BF) 4:45p: HIIT (KB)	16  6:30a: Boot Camp (KK/AT) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Zumba (BF)	17  12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	18
19	20  HOLIDAY	21  12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	22  12:00p: Zumba (BF) 4:45p: HIIT (KB)	23  6:30a: Boot Camp (KK/AT) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Zumba (BF)	24  12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	25
26	27  6:30a: HIIT/Core (KK) 12:00p: Yoga (TM) 1:00p: Barre (SM) 4:45p: Total Body Strength Training (KB)	28  12:00p: HIIT (DG) 1:00p: Meditation in Motion (SR) 4:45p: Yoga (AA)	29  12:00p: Zumba (BF) 4:45p: HIIT (KB)	30  6:30a: Boot Camp (KK/AT) 12:00p: Cardio (DG) 1:00p: Barre (SM) 4:45p: Zumba (BF)	31  12:00p: Yoga (KB) 1:00p: Meditation in Motion (SR)	