

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am New Year's Day Bash! Rotha, Thomas and Annie 90min! 30 min circuits come join the fun & start 2018 off RIGHT!	2 5:45am TABATA 45 Rotha 5pm Yoga 60 Laura 6pm Barre Fusion 60 Annie	3 5:45am Yoga 45 Laura 4pm Yoga 60 Dina 6pm Pilates 45 Ashley (main studio)	4 5:45am TRX Circuit 45 Rotha 5pm Yoga 60 Dina 6pm Kickboxing 45 Tasha	5 5:45am Yoga 45 Dina 5:45am Xtreme Fitness 45 Rotha 6pm Triple Threat 30min Tasha	6 8am Xtreme Fitness 45 Tasha 9am Yoga Laura
7	8 5:45am Circuit 45 Rotha 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Circuit 45 Shelley	9 5:45am 3-2-1 45 Tasha 5pm Yoga 60 Dina 6pm TABATA 45 Rotha	10 5:45am PiYo 45 Shelley (main studio) 4pm Yoga 60 Jessica 6pm Zumba 45 Nadine	11 5:45am Triple Threat 45 Shelley 5pm Yoga 60 Laura 6pm Cycle Fusion 45 Tasha	12 5:45am Yoga 45 Laura 5:45am ASSult 45 Thomas	13 8am TRX TABATA 45min Thomas 9am Yoga 60min Jessica
14	15 5:45am Strong & Tone 45 Shelley 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha	16 5:45am TABATA 45 Tasha 5pm Yoga 60 Jessica 6pm Barre Fusion 60 Annie	17 5:45am Yoga 45 Laura 4pm PiYo 60 Shelley (main studio) 6pm Pilates 45 Ashley (main studio)	18 5:45am Step 45 Rotha 5pm Yoga 60 Jessica 6pm TRX Circuit 45 Rotha	19 5:45am Yoga 45 Laura 5:45am Xtreme Fitness 45 Rotha 6pm Cardio Madness 30min Thomas	20 8am Xtreme Fitness 45 Lindsey 9am Yoga Laura
21	22 5:45am Circuit 45 Rotha 4pm Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Circuit 45 Tasha	23 5:45am 3-2-1 45 Rotha 5pm Yoga 60 Laura 6pm TABATA 45 Tasha	24 5:45am PiYo 45 Shelley (main studio) 4pm Yoga 60 Dina 6pm Zumba 45 Nadine	25 5:45am Cycle Fusion 45 Rotha 5pm Yoga 60 Jessica 6pm Step 45 Rotha	26 5:45am Yoga 45 Dina 5:45am Circuits Gone Wild 45 Rotha	27 8am Xtreme Fitness 45 Tasha 9am Yoga Dina
28	29 5:45am Strong & Tone 45 Rotha 4pm Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha	30 5:45am TABATA 45 Tasha 5pm Yoga 60 Jessica 6pm Barre Fusion 60 Annie	31 5:45am Yoga 45 Dina 4pm PiYo 60 Shelley (main studio) 6pm Pilates 45 Ashley (main studio)			

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