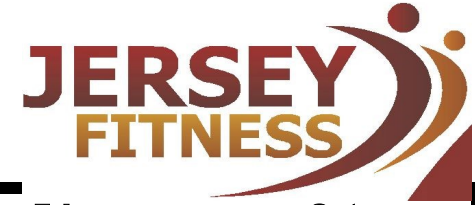




January 2019

Group Exercise Schedule



	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 New Year Special!</p> <p>10:00AM Pump and Pedal (SPIN followed up with Strength training @ 10:45) Chrissy</p>	<p>2 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>3 9:15AM Interval Core Amanda 4:30PM Step IT Up Chrissy 5:30PM Cardio sculpt Maura 6:45PM Yoga Bill</p>	<p>4 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>5 9:00AM Kardio Karate Chrissy 10:30AM YOGA BILL</p>
<p>6 10:00AM BUTI YOGA Amanda</p>	<p>7 9:15AM INTERVAL TRAINING 101 MAURA 10:30AM Yoga Rachel 5:30PM ZUMBA ALAINA 6:30PM KARDIO KARATE CHRISSEY</p>	<p>8 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>9 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina</p>	<p>10 9:15AM Interval Core Amanda 4:30PM Step IT Up Chrissy 5:30PM Cardio sculpt Chrissy 6:45PM Yoga Bill</p>	<p>11 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Chrissy</p>	<p>12 10:30AM Yoga BILL 12:00PM ZUMBATHON \$15 Quinton Drama Club Sam and Chrissy</p>
<p>13 10:00AM BUTI YOGA Amanda</p>	<p>14 9:15AM Interval Training 101 Maura 10:30AM Yoga Rachel 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy</p>	<p>15 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara</p>	<p>16 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>17 9:15AM Interval Core Amanda 4:30PM Buti Yoga Amanda 5:30PM Cardio Sculpt Maura 6:45PM Yoga BILL</p>	<p>18 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>19 9:00AM Instructors Choice Tara Puitz 10:30AM Yoga Bill</p>
<p>20 10:00AM BARRE COLLEEN</p>	<p>21 9:15AM Interval Train101Maura 10:30AM Yoga Rachel 5:30PM ZUMBA Chrissy 6:30PM KARDIO KARATE CHRISSEY</p>	<p>22 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>23 9:15AM Circuit Training MAURA 10:30AM Yoga Rachel 5:30 PM HIIT Maura 6:30PM ZUMBA Alaina</p>	<p>24 9:15AM Interval Core Amanda 4:30PM Burti Yoga Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga BILL</p>	<p>25 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Chrissy</p>	<p>26 9:00AM Piloxing Tara Powell 10:30AM Yoga Bill</p>
<p>27 10:00AM Buti Yoga Amanda</p>	<p>28 9:15AM Interval Training 101 Maura 10:30AM YOGA RACHEL 5:30PM ZUMBA ALAINA 6:30PM KARDIO KARATE CHRISSEY</p>	<p>29 9:15AM XTRAIN Chrissy 10:30AM Balance and Stretch Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>30 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>31 9:15AM Interval Core Amanda 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt TARA 6:45PM Yoga BILL</p>		