

January

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 7am- Walk Group 45min	9 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Strength & Conditioning	10 6:30p- Strength & Conditioning	11 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Full body circuit	12 7am- Morning Walk 45min 12pm- Strength & Conditioning	13 7am-YOGA
14	15 7am- Walk Group 45min	16 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Strength & Conditioning	17 6:30p- Strength & Conditioning	18 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Full body circuit	19 7am- Morning Walk 45min 12pm- Strength & Conditioning	20 7am- YOGA
21	22 7am- Walk Group 45min	23 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Strength & Conditioning	24 6:30p- Strength & Conditioning	25 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Full body circuit	26 7am- Morning Walk 45min 12pm- Strength & Conditioning	27 7am- YOGA
28	29 7am- Walk Group 45min	30 7am- Strength & Conditioning 7:30a- Core/Abs 6:30p- Strength & Conditioning	31 6:30p- Strength & Conditioning			

Max 10 people per class (except Walk Groups)

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