

Monthly Calendar

January 2019

WEEKLY ONGOING ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:05 am S.S. Circuit 8:05am Power Pump 9:15 am S.S. Classic 11:45am Cycle 30 5:30 pm Aerobics/Abs/Buns 5:30 pm Boxing Fitness 5:30 pm Indoor Cycling 6:45 pm Body Sculpting 6:45 pm Boxing Fitness	8:05am ZUMBA 8:15 am CORE 9:30 am SS Yoga 11:45am Senior Circuit 4:00pm Yoga 5:30 pm Circuit Aerobics 6:45 pm ZUMBA	8:05am Power Pump 8:05 am S.S. Circuit 9:15 am S.S. Classic 11:45am BARRE 30	8:15 am CORE 9:30 am SS Yoga 11:45am Step 30 4:00pm Yoga 5:30 pm Boxing Fitness 5:30pm Circuit 5:30 pm Indoor Cycling 6:45 pm Boxing Fitness 6:45 ZUMBA	8:05am ZUMBA 8:05 am S.S. Circuit 9:15 am S.S. Classic 11:45am HIT 30	9:30am Indoor Cycling 9:30am BARRE
CLOSED		1 BUILDING CLOSED	2	3	4	5
6 Closed	7	8	9	10	11	12
13 Closed	14	15	16	17	18	19
20 Closed	21 BUILDING CLOSED	22	23	24	25	26
27 Closed	28	29	30	31	473-1212	
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