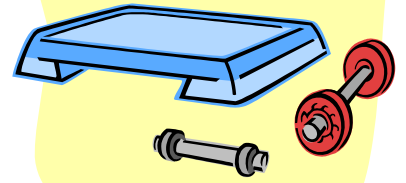




JANUARY



GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 6:30 Cardio Blast (Jessica)	3 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone	4 6:15 Yoga (Lisa) 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	5 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	6 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
9 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:30 Beginning Yoga (Lisa) 6:30 Cardio Blast (Jessica)	10 10:30 Fit For Life (Jessica) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	11 6:15 Yoga (Lisa) 9:00 Power Camp (Holly) 10:30 Kettlebell (Sub) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	12 9:00 Cross Training (Taylor) 10:30 Fit for Life (Jessica) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	13 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
16 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:30 Beginning Yoga (Lisa) 6:30 Cardio Blast (Jessica)	17 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	18 6:15 Yoga (Lisa) 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	19 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	20 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
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