



Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
<b><u>Happy</u></b>	<b><u>New</u></b>	<b><u>Year !!</u></b>		Happy New Year! 9:30 Step & Pump-Kelly 10:30 Zumba- Bonnie open 8:00-12:00	8:30 Functional Fitness-Kim 9:30 Muscle & Cardio- Patty 75 min 11:00 Strong Backs-Anamari 5:30 Yoga Hatha-Yoga Room- Jeanne	8:00 Cardio hi/low - Patty 9:00 Muscle Sculpt- Patty 9:00 Slo-flo yoga rm-Nan 10:30 Zumba-Bonnie
4	5	6	7	8	9	10
8:00 Cardio Hi/Low-Patty 9:00 Step-Cara 10:00 Yoga/- Anamari 10:15 Pilates-Bonnie	5:45 Cardio Conditioning-Adam 8:30 Zumba-Debbie 9:30 Cardio Fat Burner Cara 10:30 Muscle Madness Cara 5:30 Body Boot Camp –Shawn 6:30 Contact Cardio Kick-Adam	6:00 Cardio Blast - Kevin 7:30 Pilates-Nan 8:30 Zumba-Bonnie 9:30 Intervals-Dondra 6:00 Beginner yoga-Nan 6:00 Body Attack-Kimberly 7:00 Hard Core Abs-Kimberly	7:30 Cardio- Patty 8:30 Weight Training-Patty 9:30 Cardio Hi/loCara 75min 5:30 Zumba-Bonnie 6:30 Yoga/yoga rm- Jeanne 6:30 Muscle Madness -Oksana	5:45 Abs/ Boot Camp- Liz 75 mn 7:30 Barre Strength- Christina 8:30 Body Rolling-Christina 9:30 Step & Pump-Kelly 10:30 Zumba Bonnie 12:00 Tred & Shed-Christina 6:00 Beginner Yoga/yoga rm-Nan 6:00 Cardio Blast –Dondra 7:00 Legs & Abs - Kevin	8:30 Functional Fitness-Beth 9:30 Muscle & Cardio- Patty 75 min 11:00 Strong Backs- Anamari  5:30 Yoga Hatha-Yoga rm- Jeanne 6:00 Zumba-Debbie *	8:00 Cardio hi/low - Patty 9:00 Muscle Sculpt- Patty 9:00 Slo flo yoga rm-Nan 10:00 Zumba-Bonnie
11	12	13	14	15	16	17
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