

January 2023



Sun

Mon

Tues

Weds

Thurs

Fri

Sat

1
New Years Day!

2
9:15am (1hr) Move: Denae
12:00pm (35min) Boot
Camp: Colleen
5:30pm (1hr) Body Soul
Flow Yoga:
Bethany/Megan

3
9:15am (1hr) Totally Toned
: Sally
6:00pm (1hr) Zumba: Ashley

4
9:15am (1hr) Move: Denae
12pm (35min) Boot Camp:
Colleen
5:30pm (45min) Flow Yoga:
Heather
6:30pm (1hr) Groove:
Heather

5
9:15am (1hr) Zumba: Laura

6:00pm (1hr) Zumba
Toning/BOSU: Rachel

6
9:15am (1hr) Strong: Sally

12:00pm (35min) Boot
Camp: Shawn

7
9:00am (1hr) Detox Yoga:
Ria

8
2:00pm (1 hr) Cardio Tone:
Heidi

9
9:15am (1hr) Move: Denae
12:00pm (35min) Boot
Camp: Colleen
5:30pm (1hr) Body Soul
Flow Yoga:
Bethany/Megan

10
9:15am (1hr) Totally Toned
: Sally
6:00pm (1hr) Zumba: Ashley

11
9:15am (1hr) Move: Denae
12pm (35min) Boot Camp:
Colleen
5:30pm (45min) Flow Yoga:
Heather
6:30pm (1hr) Groove:
Heather

12
9:15am (1hr) Zumba: Laura

6:00pm (1hr) Zumba
Toning/BOSU: Rachel

13
9:15am (1hr) Strong: Sally

12:00pm (35min) Boot
Camp: Shawn

14
9:00am (1hr) Detox Yoga:
Ria

15
2:00pm (1 hr) Cardio Tone:
Heidi

16
9:15am (1hr) Move: Denae
12:00pm (35min) Boot
Camp: Colleen
5:30pm (1hr) Body Soul
Flow Yoga:
Bethany/Megan

17
9:15am (1hr) Totally Toned
: Sally
6:00pm (1hr) Zumba: Ashley

18
9:15am (1hr) Move: Denae
12pm (35min) Boot Camp:
Colleen
5:30pm (45min) Flow Yoga:
Heather
6:30pm (1hr) Groove:
Heather

19
9:15am (1hr) Zumba: Laura

6:00pm (1hr) Zumba
Toning/BOSU: Rachel

20
9:15am (1hr) Strong: Sally

12:00pm (35min) Boot
Camp: Shawn

21
9:00am (1hr) Detox Yoga:
Ria

22
2:00pm (1 hr) Cardio Tone:
Heidi

23
9:15am (1hr) Move: Denae
12:00pm (35min) Boot
Camp: Colleen
5:30pm (1hr) Body Soul
Flow Yoga:
Bethany/Megan

24
9:15am (1hr) Totally Toned
: Sally
6:00pm (1hr) Zumba: Ashley

25
9:15am (1hr) Move: Denae
12pm (35min) Boot Camp:
Colleen
5:30pm (45min) Flow Yoga:
Heather
6:30pm (1hr) Groove:
Heather

26
9:15am (1hr) Zumba: Laura

6:00pm (1hr) Zumba
Toning/BOSU: Rachel

27
9:15am (1hr) Strong: Sally

12:00pm (35min) Boot
Camp: Shawn

28
9:00am (1hr) Detox Yoga:
Ria

29
2:00pm (1 hr) Cardio Tone:
Heidi

30
9:15am (1hr) Move: Denae
12:00pm (35min) Boot
Camp: Colleen
5:30pm (1hr) Body Soul
Flow Yoga:
Bethany/Megan

31
9:15am (1hr) Totally Toned
: Sally
6:00pm (1hr) Zumba: Ashley