

January 2018

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--------------------------------|--|
| 1 | 2 | 3 CYCLING-Angie 6:00am YOGA-Tonja 4:30pm RYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm | 4 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm | 5 CYCLING- Angie 6:00am | 6 HARD CORE Dawn 10:00am |
| 8 RYTHMS&FLAWS-Josie 4:30pm SPINNING- Laurette 5:00pm | 9 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm YOGA-Eric 6:00pm YOGA-Eric 7:15pm | 10 CYCLING-Angie 6:00am YOGA-Tonja 4:30pm RYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm | 11 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm | 12 CYCLING- Angie 6:00am | 13 HARD CORE Dawn 10:00am Upstairs Room |
| 15 RYTHMS&FLAWS-Josie 4:30pm SPINNING- Laurette 5:00pm | 16 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm YOGA-Eric 6:00pm YOGA-Eric 7:15pm | 17 CYCLING-Angie 6:00am YOGA-Tonja 4:30pm RYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm | 18 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm | 19 CYCLING- Angie 6:00am | 20 HARD CORE Dawn 10:00am Upstairs Room |
| 22 RYTHMS&FLAWS-Josie 4:30pm SPINNING- Laurette 5:00pm | 23 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm YOGA-Eric 6:00pm YOGA-Eric 7:15pm | 24 CYCLING-Angie 6:00am YOGA-Tonja 4:30pm RYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm | 25 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm | 26 CYCLING- Angie 6:00am | 27 HARD CORE Dawn 10:00am |
| 29 RYTHMS&FLAWS-Josie 4:30pm SPINNING- Laurette 5:00pm | 30 Boom- 12:00 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm YOGA-Eric 6:00pm YOGA-Eric 7:15pm | 31 CYCLING-Angie 6:00am YOGA-Tonja 4:30pm RYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm | | | |