

JANUARY



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|--|
| | 1. OPEN 7-12pm | 2. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 3. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm | 4. CYCLING Angie 6:00am | 5. HARD CORE Dawn 10:00am |
| 7. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 8. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm MOMMY & ME-Chelsea 5:30pm | 9. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 10. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm | 11.. CYCLING Angie 6:00am | 12. HARD CORE Dawn 10:00am Upstairs Room |
| 14. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 15. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm MOMMY & ME-Chelsea 5:30pm | 16. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 17. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm | 18. CYCLING Angie 6:00am | 19. HARD CORE Dawn 10:00am Upstairs Room |
| 21. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 22. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm MOMMY & ME-Chelsea 5:30pm | 23. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 24. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm | 25. CYCLING Angie 6:00am | 26. HARD CORE Dawn 10:00am |
| 28. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 29.SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm MOMMTY & ME- Chelsea 5:30pm | 30. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 31. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hanna 5:30pm | | |