



JANUARY GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>TO PREVENT DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME</p>		
	<p>NO CLASSES</p>	<p>REDUCED CLASSES</p>				
		<p>8:00 MORNING SPIN MELISSA 9:00 PUMPED+ MELISSA 9:00 EVERFIT DAVID 10:05 VITALITY stretch DAVID 6:00 SETS+ CATHERINE L</p>	<p>9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND TAMARA 11:05 ZUMBA GOLD MANN 6:35 ZUMBA TERESA</p>	<p>6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.</p>	<p>9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD PAM 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R</p>	<p>9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA JULIE O 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE</p>
<p>8:15 SPIN DAVID 9:20 HIGH fitness EMILY</p>	<p>9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA SUSAN S.</p>	<p>6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L</p>	<p>9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND TAMARA 11:05 EASY ENERGY CAMILLA 6:35 ZUMBA TERESA</p>	<p>6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.</p>	<p>9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R</p>	<p>9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE</p>
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<p>8:15 SPIN DAVID 9:20 HIGH fitness EMILY</p>	<p>9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA SUSAN S.</p>	<p>6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L</p>	<p>9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE/PILATES CATHY 6:35 ZUMBA TERESA</p>	<p>6:15 MORNING SPIN JENN 8:00 MORNING SPIN CATHERINE 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.</p>	<p>9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 9:00 HIGH fitness EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R</p>	<p>9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE</p>
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