			January 2019			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
		HAPPY NEW YEAR!				
		CLOSED FOR WINTER	NO CLASSES	NO CLASSES	NO CLASSES	
		BREAK	NO CEASSES	ITO CEASSES	NO CEASSES	
		J. J		2	,	
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	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	
	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	
		7 8		9 10	11	
	Gentle Yoga Flow (Elaine)	Sweat 45 Circuit (Aashritha)	HIIT & Kick (Rena)	Tai Chi (James)	Kung Fu Kardio (James)	
	12.00 p.m 12.45 p.m. Vinyasa Yoga Flow (Elaine)	12.00 p.m 12.45 p.m. *Strong by Zumba (HIITZ)	12.00 p.m 12.45 p.m. Zumba Toning (Stephanie)	12.00 p.m 12.45 p.m. Small Group Training (Aashritha)	12.00 p.m 12.45 p.m. Kung Fu Kardio (James)	
	5.30 p.m 6.30 p.m.	(Meta)	5.30 p.m 6.30 p.m.	12.00 p.m 12.45 p.m.	5.30 p.m 6.30 p.m.	
	Small Group Training	5.30 p.m 6.30 p.m.	Small Group Training	Cardio Dance Party (Stephanie)	5.55 p	
	(Samuel T.)		(Samuel T.)	5.30 p.m 6.30 p.m.		
	6.30 p.m 7.30 p.m.		6.30 p.m 7.30 p.m.			
	1	14 15		16 1:	7 18	
		Sweat 45 Circuit (Aashritha)	HIIT & Kick (Rena)	Tai Chi (James)	Kung Fu Kardio (James)	
		12.00 p.m 12.45 p.m. *Strong by Zumba (HIITZ)	12.00 p.m 12.45 p.m. Zumba Toning (Stephanie)	12.00 p.m 12.45 p.m. Small Group Training (Aashritha)	12.00 p.m 12.45 p.m. Kung Fu Kardio (James)	
	MLK DAY	(Meta)	5.30 p.m 6.30 p.m.	12.00 p.m 12.45 p.m.	5.30 p.m 6.30 p.m.	
	WILK DAT	5.30 p.m 6.30 p.m.	Small Group Training	Cardio Dance Party (Stephanie)		
			(Samuel T.)	5.30 p.m 6.30 p.m.		
	NO CLASSES		6.30 p.m 7.30 p.m.			
	110 02/10020					
		21 22		23 24	1 25	
	Gentle Yoga Flow (Elaine)	Sweat 45 Circuit (Aashritha)	HIIT & Kick (Rena)	Tai Chi (James)		
	12.00 p.m 12.45 p.m. Vinyasa Yoga Flow (Elaine)	12.00 p.m 12.45 p.m. *Strong by Zumba (HIITZ)	12.00 p.m 12.45 p.m. Zumba Toning (Stephanie)	12.00 p.m 12.45 p.m. Small Group Training (Aashritha)		
	5.30 p.m 6.30 p.m.	(Meta)	5.30 p.m 6.30 p.m.	12.00 p.m 12.45 p.m.		
	Small Group Training	5.30 p.m 6.30 p.m.	Small Group Training	Cardio Dance Party (Stephanie)		
	(Samuel T.)		(Samuel T.)	5.30 p.m 6.30 p.m.		
	6.30 p.m 7.30 p.m.		6.30 p.m 7.30 p.m.			