

Adult Schedule

January



2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					Limited Staff 8-6pm Happy New Year	
3	4	5	6	7	8	9
9:00 Beginner Clinic 9:30 Yoga 11:00 Sweat and Stretch 5:30 Yoga	9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp Personalized PT 8-5pm	8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength	9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	9:00 Barre Fusion	9:00-10:30 Kings and Queens (3.0-3.5) 10:30-12pm Kings and Queens (4.0+) 10:30 Bootcamp	
10	11	12	13	14	15	16
9:00 Beginner Clinic 9:30 Yoga 11:00 Sweat and Stretch 5:30 Yoga	9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp 6:30 BOOK CLUB	8:30 Intermediate Clinic 11:00 Pilates 5:30 Strength	9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	9:00 Barre Fusion Winter League Begins 6pm	10:30 Bootcamp	
17	18	19	20	21	22	23
9:00 Beginner Clinic 9:30 Yoga 11:00 Sweat and Stretch 5:30 Yoga	9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	11:00 Pilates 5:30 Strength	9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills 6:30 MUSIC BINGO NIGHT	9:00 Barre Fusion Personalized PT 8-5pm	10:30 Bootcamp 2-5pm Interclub Jr. Smashers Tournament	
24/31	25	26	27	28	29	30
9:00 Beginner Clinic 9:30 Yoga 11:00 Sweat and Stretch 5:30 Yoga	9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength	9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	9:00 Barre Fusion	10:00 ASU Women's Tennis Match 10:30 Bootcamp	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3:30 Adv. 2 Gym 3 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	3:30 Preschool Gym 4 2:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 5 3:30 Preschool Gym 3:30 Smashers Beg/Int 4:30 Smashers Adv 5:30 Beg Gymnastics	4:30 Big Hitters 6 4:30 Adv 1 Gym	7	8	9
3:30 Adv. 2 Gym 10 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	3:30 Preschool Gym 11 2:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 12 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	4:30 Big Hitters 13 4:30 Adv 1 Gym	14	15	16
3:30 Adv. 2 Gym 17 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	2:30 Big Hitters 18 3:30 Preschool Gym 4:30 Int. Gymnastics	3:00 Baby Gym 19 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	4:30 Big Hitters 20 4:30 Adv 1 Gym	21	22	23
3:30 Adv. 2 Gym 24/31 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	2:30 Big Hitters 25 3:30 Preschool Gym 4:30 Int. Gymnastics	3:00 Baby Gym 26 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	4:30 Big Hitters 27 4:30 Adv 1 Gym	28	29	30

2-5 pm
Interclub Junior
Smashers
Tournament

