

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 29	Dec 30	Dec 31	1	2	3	4
			Gym Closed	No Classes	No Class	No Class
			Happy New Year			
5	6	7	8	9	10	11
	8am- S/S Circuit 530p- Line Dance	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830am- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am - Line Dance	8am - S/S Boom	915am-Weight/Cardio
	Member Appreciation					
12	13	14	15	16	17	18
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830am- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am - Line Dance	8am - S/S Zumba	915am-Weight/Cardio
19	20	21	22	23	24	25
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am - Line Dance	8am - S/S Boom	915am-Weight/Cardio
26	27	28	29	30	31	Feb 1
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am - Line Dance	8am - S/S Zumba	
Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8