

January 2026



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Dec	28	Dec	29	Dec	30	Dec	31		1		2		3
									Gym Closed		No Classes		No Classes
									Happy New Year				
	4		5		6		7		8		9		10
		8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit		8am - S/S Boom		915am-Weight/Cardio	
		530p- Line Dance		9am - S/S Circuit		830am- S/S Cardio		9am - Line Dance				1030am- Line Dance	
				530p -Spin		530p- Line Dance							
		Member Appreciation											
	11		12		13		14		15		16		17
		8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit		8am - S/S Zumba		915am-Weight/Cardio	
				9am - S/S Circuit		830am- S/S Cardio		9am - Line Dance				1030am- Line Dance	
				530p -Spin		530p- Line Dance							
	18		19		20		21		22		23		24
		8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit		8am - S/S Boom		915am-Weight/Cardio	
				9am - S/S Circuit		830a- S/S Cardio		9am - Line Dance				1030am- Line Dance	
				530p -Spin		530p- Line Dance							
	25		26		27		28		29		30		31
		8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit		8am - S/S Zumba		915am-Weight/Cardio	
				9am - S/S Circuit		830a- S/S Cardio		9am - Line Dance				1030am- Line Dance	
				530p -Spin		530p- Line Dance							
Feb	1	Feb	2	Feb	3	Feb	4	Feb	5	Feb	6	Feb	7