



January

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	7	8 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	9	10 *7:00am PST ToughAgers® Pickleball Conditioning *1:00pm PST ToughAgers® Class	11
12	13 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	14	15 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	16	17 *7:00am PST ToughAgers® Grandparent Fit *1:00pm PST ToughAgers® Class	18
19	20 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	21	22 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	23	24 *7:00am PST ToughAgers® Tennis Conditioning *1:00pm PST ToughAgers® Class	25
26	27 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	28	29 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	30	31 *7:00am PST ToughAgers® Golf Conditioning *1:00pm PST ToughAgers® Class	



February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class		*6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle		*7:00am PST ToughAgers® Pickleball Conditioning *1:00pm PST ToughAgers® Class	1
2	3 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	4	5 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	6	7 *7:00am PST ToughAgers® Grandparent Fit *1:00pm PST ToughAgers® Class	8
9	10 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	11	12 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	13	14 *7:00am PST ToughAgers® Tennis Conditioning *1:00pm PST ToughAgers® Class	15
16	17 *6:30am PST ToughAgers® Muscle *8:00am PST ToughAgers® Class *1:00pm PST ToughAgers® Class	18	19 *6:30am PST ToughAgers® Class *8:00am PST ToughAgers® Muscle *1:00pm PST ToughAgers® Muscle	20	21	22
23	24	25	26	27	28	