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| **January 2023** |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **HAPPY NEW YEAR!** | No Classes | Yoga @ 5:15 PMMixxed Fit @ 5:30 PM | Spin @ 5 PMPilates @ 5:30 PM | Sticks & Stress @5:30 PM |  | TZT @9 AM(Target Zone Training) |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | Clothes then Charcuterie No Classes | Yoga @ 10 AMPilates @11:45 - 12:15PMYoga @ 5:15 PMMixxed Fit @ 5:30 PM | Spin @ 5 PMPilates @ 5:30 PM | HIIT @5:30 PM |  | Sticks & Stress @9 AM |
| **15** |  |  | **18** | **19** | **20** | **21** |
|  | Spin @ 5:30 PMStep Aerobics @ 5:30 PM | Yoga @ 10 AMPilates11:45-12:15PMYoga @ 5:15 PMMixxed Fit @ 5:30 PM | Spin @ 5 PMPilates @ 5:30 PM | Sticks & Stress @5:30 PM |  | Yoga @9 AM |
| **22** | [**23**](https://www.calendarpedia.com/) | **24** | **25** | **26** | **27** | **28** |
|  | Spin @ 5:30 PMStep Aerobics @ 5:30 PM | Yoga @ 10 AM Pilates @11:45 - 12:15PMYoga @ 5:15 PM | Spin @ 5 PMPilates @ 5:30 PM | HIIT @5:30 PM |  | TZT @9 AM(Target Zone Training) |
| **29** | **30** | **31** | **1** | **2** | **3** | **4** |
|  | Spin @ 5:30 PMStep Aerobics @ 5:30 PM | Yoga @ 10 AMPilates @11:45 - 12:15PMYoga @ 5:15 PMMixxed Fit @ 5:30 PM | Spin @ 5 PMPilates @ 5:30 PM |  |  |  |
|  | Data provided 'as is' without warranty |