

January 2019 **Group Fitness Classes**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					1		2		3		4		5
	6		7		8		9		10		11		12
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm 100 Class 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	13		14		15		16		17		18		19
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 6:30pm		Spin 6:00pm 100 Class 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am ZUMBA / Dance Fitness 7:30pm					Flow Yoga 10:00am
	20		21		22		23		24		25		26
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 6:30pm		Spin 6:00pm 100 Class 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am ZUMBA / Dance Fitness 7:30pm					Flow Yoga 10:00am
	27		28		29		30		31		1		2
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 6:30pm		Spin 6:00pm 100 Class 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am ZUMBA / Dance Fitness 7:30pm					Flow Yoga 10:00am Pound / ZUMBA 11:00am
	3		4		5		6		7		8		9
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm 100 Class 6:30pm BattleRopes 7:45pm		Circuit HIIT 9:00am					Flow Yoga 10:00am Pound/ ZUMBA 11:00am