

January 2020 Group Fitness Classes

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