

JANUARY Class Schedule

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY				KICKBOXING	
8:00am-9:15am				BARRE STRENGTH!			SATURDAY SHOWDOWN! No class 1/25)
9:00am - 10:00am					TOTAL BODY THURSDAY (Cardio/Strength)!		
9:15am - 10:15am			BOOT CAMP (7/21) UNLEASH YOUR BEAST (14/28)				
4:30-5:30pm		VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm							