



JANUARY CLASS SCHEDULE

Time	Tuesday	Thursday	Saturday
6:30 AM - 7:00 AM	Core & Pilates	HIIT	Yoga Sculpt
7:10 AM - 7:40 AM	Total Body Strength	TRX	Core & Pilates
9:00 AM - 9:30 AM	-	-	HIIT
5:00 PM - 5:30 PM	HIIT	Core & Pilates	-
5:40 PM - 6:10 PM	Yoga Sculpt	Yoga	-