

# JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat						
						 1						
2	8:30 INTERVAL Karen 10:00 YOGA Kate 12:30 CYCLING Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Millie 5:30 CYCLING Danielle 6:30 YOGA Jamie	3	8:30 BARRE Nicole 10:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 HIIT Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Karen	4	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 CYCLING Vickie 6:30 YOGA Vickie	5	8:30 BARRE Danielle 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Karen	6	8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Nicole 5:30 BARRE Ann Marie	7	8:30 PEDAL & PUMP Mandy	8
9	8:30 INTERVAL Millie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie	10	8:30 BARRE Vickie 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Karen 4:30 HIIT Nicole 5:30 TOTAL BODY Ann Marie 6:30 YOGA Ann Marie	11	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Jenny 6:30 YOGA Ann Marie	12	8:30 BARRE Karen 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 TOTAL BODY Jenny 6:30 YOGA Jamie	13	8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:30 BARRE Ann Marie	14	8:30 PEDAL & PUMP Karen	15
16	8:30 INTERVAL Millie 10:00 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Karen 5:30 CYCLING Ann Marie 6:30 YOGA Ann Marie	17	8:30 BARRE Millie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 HIIT Karen 5:30 TOTAL BODY Ann Marie 6:30 YOGA Ann Marie	18	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 5:30 CYCLING Jenny 6:30 YOGA Ann Marie	19	8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Karen	20	8:30 BODY DESIGN Millie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Nicole 5:30 BARRE Ann Marie	21	8:30 PEDAL & PUMP Jenny	22
23	8:30 INTERVAL Millie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Danielle 6:30 YOGA Jamie	24	8:30 BARRE Danielle 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 HIIT Nicole 5:30 TOTAL BODY Jenny 6:30 YOGA Ann Marie	25	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 HIIT Danielle 6:30 YOGA Ann Marie	26	8:30 BARRE Vickie 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 TOTAL BODY Danielle 6:30 YOGA Jamie	27	8:30 BODY DESIGN Danielle 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:30 BARRE Ann Marie	28	8:30 PEDAL & PUMP Ann Marie	29
30	8:30 INTERVAL Karen 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	31	<div style="text-align: center;"> <h2>Pure Strength Mondays at 4:30</h2> <p>Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!</p> </div>									