



## January 2019 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> No classes New Year's Day	<b>2</b> Zumba 5:30PM (Vickie) LIIT 6:30PM (Stephanie)	<b>3</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>8</b> Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	<b>9</b>	<b>10</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>15</b> Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	<b>16</b>	<b>17</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>22</b> Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	<b>23</b>	<b>24</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>29</b> Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	<b>30</b>	<b>31</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)		