



January 2018 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Club Open 8am-4pm No classes today</p> 	<p>2 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>3 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>4 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>5 <u>No WaterWorks today</u> 10:00 AM (60) CORE DE FORCE- DP</p>	<p>6 9:00 AM (60) P90X- (DP) 10:15 AM (60) Zumba- JH</p>
<p>7 8:45 AM (45) WaterWorks- CP</p>	<p>8 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>9 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>10 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>11 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>12 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>13 9:00 AM (60) CORE DE FORCE (DP) 10:15 AM (60) Zumba- JH</p>
<p>14 8:45 AM (45) WaterWorks- CP</p>	<p>15 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>16 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>17 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>18 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>19 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>20 9:00 AM (45) BodyBLAST- (DD) 10:15 AM (60) Zumba- SR</p>
<p>21 8:45 AM (45) WaterWorks- CP</p>	<p>22 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>23 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>24 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>25 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>26 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>27 9:00 AM (45) Guns & Buns- AO 10:15 AM (60) Zumba- JH</p>
<p>28 8:45 AM (45) WaterWorks- CP</p>	<p>29 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>30 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>31 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>			