

# January 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1</b>	<b>New Year's Day</b>	<b>2</b>	<b>New Year's Day (obs.)</b>	<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
		5:30AM**NO CLASS 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp (35min class)		5:30AM Strength 8:15AM-9AM Barre Strength 11AM Tai Chi 5:30PM 30 Minute Mixer		5:30AM **NO CLASS 8:30AM Bootcamp 11AM Resistive Bands Class		5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness		5:30AM HIGH/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class		8:30AM- HIGH Fitness- Hannah	
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
		5:30AM**NO CLASS 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp (35min class)		5:30AM Strength 8:15AM-9AM Barre Strength 11AM Tai Chi 5:30PM 30 Minute Mixer		5:30AM HIGH/Low Fitness 8:30AM Bootcamp 11AM Resistive Bands Class		5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM **NO CLASS		5:30AM HIGH/Low Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class		8:30AM Strength- Katie	
<b>15</b>		<b>16</b>	<b>Martin Luther King Day</b>	<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
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<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
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<b>29</b>		<b>30</b>		<b>31</b>		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>	
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