

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 New Year's Day OPEN AT 6AM 5:30AM**NO CLASS 8:30AM**NO CLASS 11AM Resistive Bands Class 5:20PM Bootcamp	2 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	3 5:30AM**NO CLASS 8:30AM Bootcamp 11AM Resistive Bands Class	4 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	5 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	6 8:30AM MIXER WITH KATIE **mix of strength and cardio or all of strength. Up to instructor.
7	8 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 minutes	9 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	10 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	11 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	12 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	13 8:30AM STRENGTH WITH KATIE
14	15 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 Minutes	16 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	17 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	18 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	19 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	20 8:30AM HIGH FITNESS WITH MACI
21	22 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 Minutes	23 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	24 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	25 5:30AM Bootcamp 8:30AM Strength 11AM Tai Chi 5:30PM HIGH Fitness	26 5:30AM HIGH Fitness 8:30AM Bootcamp 11AM- Resistive Bands Class	27 8:30AM PUMPED UP STRENGTH WITH ASHLEY
28	29 5:30AM Bootcamp 8:30AM Strength 11AM Resistive Bands Class 5:20PM Bootcamp 35 Minutes	30 5:30AM Strength 8:15AM-9AM Barre Strength 5:30PM 30 Minute Mixer	31 5:30AM HIGH/Low 8:30AM Bootcamp 11AM Resistive Bands Class	1	2	3