

January Schedule

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
9:00a							
9:15a							
9:30a	BARRE DENISE		BARRE KELLY		BARRE KELLY		
9:45a							
10:00a							
12:15p	WARRIOR FLOW RITA	BARRE KELLY	WARRIOR FLOW KAITLIN	BARRE KELLY	WARRIOR FLOW KAITLIN		
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:45p	WARRIOR FLOW RACHAEL	ALL LEVEL YOGA JENN	SOLAR FLOW JOE	WARRIOR FLOW JENN			
6:30p							
7:00p							

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a	REDZONE ROB	REDZONE YANCEY	REDZONE JADE	REDZONE STAR	REDZONE ROB		
8:00a							
8:30a							
9:00a	REDZONE ROB		REDZONE JADE		REDZONE ROB		
9:15a							
9:30a						REDZONE	
9:45a							
11:00a		REDZONE ROB		REDZONE ROB			
12:00p	REDZONE ROB		REDZONE ROB		REDZONE ROB		
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:30p		REDZONE ROB		REDZONE EMILY			
6:00p			REDZONE STAR				
7:00p							