

# January Schedule

## Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
6:30a				Core Cuts Jessie			
9:30a		Bodypump Angie	Core Cuts Tiffany				
9:45a				Bodypump Tiffany			
10:30a						Bodypump Lauren	
<b>AFTERNOON/EVENING</b>							
4:15p		Bodypump Tiffany		Bodypump Lauren	3-2-1 Fit Tiffany		
5:30p	3-2-1 Fit Karen	Funk N Weights Angelo	Bodypump Tiffany	Funk N Weights Angelo			
6:30p	Zumba Michelle						

## Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
6:00a		Cycle 60 Brett		Cycle 30 Jess			
6:30am				Core Cuts 30 Jess			
8:30a					20-20-20 Cycle Angie		
9:00a			Cycle 30 Angie			Cycle 60 Lauren	
<b>AFTERNOON/EVENING</b>							
4:30p	Cycle 30 Tiffany						
6:00p		Cycle 45 Tiffany		Cycle 30 Lauren			

## Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
8:30a	Barre Ashley	Barre Ashley		Yoga Cherish		Yoga Joe	
9:30a	Barre Ashley		Barre Ashley		Barre Ashley		
9:45a		Yoga Cherish		Barre Ashley		Barre	
<b>AFTERNOON/EVENING</b>							
4:30p	Barre Kelly			Yoga Kelly			
5:00p							Yoga Kelly
5:30p	Barre Kelly	Barre Kelly	Barre Kelly	Barre Kelly			
6:30p		Yoga Mary					

**REDZONE**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>MORNING</b>							
<b>5:30a</b>	Redzone Jessie		Redzone Yancey				
<b>8:30a</b>	Redzone Tiffany	Redzone Fred	Redzone Yancey	Redzone Tiffany			
<b>9:30a</b>						Redzone Tiffany	
<b>9:45a</b>					Redzone Lauren		
<b>10:30a</b>							
<b>AFTERNOON/EVENING</b>							
<b>4:15p</b>	Redzone Lauren		Redzone Yancey				
<b>5:30p</b>	Redzone Tiffany	Redzone Angie	Redzone Yancey	Redzone Rob	Redzone Lauren		