



JANUARY WEEKEND SCHEDULE

Saturday	4	11	18	25
GROUP EX				
7:30 SHRED	Leah	Heather	Amy	Kaylie
8:15 LES MILLS BODYPUMP	Cammie	Pam	Morgan	Heather
9:15 LES MILLS CXWORX	Cammie	Kelly	Nancy	Kaitlyn
9:45 CARDIO ROTATION	 ZUMBA Saana	LES MILLS BODYCOMBAT Kaylie	LES MILLS BODYATTACK Nancy	 ZUMBA Tasha
11:15 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa
8:15 SPIN	Angie	Lacey	Amy	Kaitlyn
9:30 Aqua Rotation	DWR Jennifer	DWR Jennifer	Aqua Fit Julia	Aqua Fit Julia
Sunday	5	12	19	26
1:30 Step Express	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer
2:30 LES MILLS BODYPUMP	Heather	Heather	Pam	Heather
3:30 Yoga	Jennifer	Jennifer	Jennifer	Jennifer