

January 2016 Group Fitness Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
	7:30AM Step/Shape/Sculpt Ben/Stephanie	7:30AM Step/Shape/Sculpt Ben/Stephanie	7:30AM Step/Shape/Sculpt Ben/Stephanie	6:00AM Boot camp	8:30AM Step & Sculpt Gail Payable to Instructor	
7:30am Step/Shape /Sculpt Ben /Stephanie				8:00AM Mat Pilates Linda		
	10:00am Zumba Betty		10:00am Zumba Betty	8:00am Step/shape/Sculpt Ben/Stephanie		
					10:00AM Zumba Betty	
	6:30PM Step & Sculpt Gail Payable to Instructor	6:00pm Unleash Meoka Payable to instructor	6:30 Step & Sculpt Gail Payable to Instructor		11:00AM Unleash Meoka payable to instructor	
					2:00PM Akido Andrus	