


# Workouts Unlimited Group X Classes January 2024

Class Descriptions are on the back side!

Check website [www.workoutsunlimited.com](http://www.workoutsunlimited.com) for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>Happy New Year!</b>	5:00am Spin- <b>Bethany</b> 8:30am Sculpt- <b>Isaiah</b> 10:00am Yoga- <b>Lis</b> 5:30pm Sculpt-Isaiah	8:30am TRX- <b>Isaiah</b> 9:30am Pilates-Tricia 10:30am SS Combo- <b>Isaiah</b> 5:30pm Yoga-Lis	5:00am Sculpt-Kadi 8:30am Spin Fusion-Amy 10:00am Yoga-Kadi 4:30pm Sculpt-Isaiah 6:00pm-High Fitness-Katie	5:00am-TRX-Kadi 8:30am Sculpt- <b>Amy</b> 9:15am-Stretch- <b>Lis</b> 10:30 SS Combo-Amy	5:30am Spin-Kadi  8:30am Yoga-Lis
	8	9	10	11	12	13
	8:30am Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi <b>Shoulders/Inner</b> 5:30pm Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt -Amy 10:00am-Yoga-Kadi 5:30pm-Sculpt-Isaiah	8:30am TRX-Kadi 9:30am Pilates-Tricia 10:30am SS Combo-Kadi <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi <b>Quads/ Back</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Isaiah 6:00pm-HIGH Fitness-Katie	5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:30am-SS Combo-Amy	5:30am Spin-Kadi  8:30am Yoga-Lis
	15	16	17	18	19	20
	8:30am-Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi <b>Butts &amp; Guts</b> 5:30pm-Yoga-Kadi	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm Sculpt-Isaiah	8:30am TRX-Kadi 9:30am Pilates-Tricia 10:30am SS Combo-Kadi <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi- <b>Outter thighs/ chest</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm Sculpt-Isaiah 6:00pm-HIGH Fitness-Katie	5:00am TRX Kadi 8:30am Sculpt- Allison 9:15am Stretch-Allison 10:30am SS Combo-Amy	5:30am- Spin-Kadi  8:30am-Yoga-Lis
	22	23	24	25	26	27
	8:30am- Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm-Sculpt-Kadi <b>Quads/ Back</b> 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm Sculpt-Isaiah	8:30am TRX-Kadi 9:30am Pilates- <b>Lis</b> 10:30am SS Combo-Kadi 5:30pm-Yoga-Lis	5:00am Sculpt-Kadi 8:30am Spin Fusion-Amy 10:00am Yoga-Kadi 4:30pm Sculpt-Isaiah 6:00pm-High Fitness-Katie	5:00am TRX Kadi 8:30am Sculpt- Allison 9:15am Stretch-Allison 10:30am SS Combo-Amy	5:30am Spin-Kadi  8:30am Yoga-Lis
	29	30	31			30
	8:30am Spin-Amy 9:30am Pilates Tricia 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi 5:30pm Yoga-Lis	5:00am Spin-Kadi 8:30am Sculpt-Amy 10:00am Yoga-Lis 5:30pm Sculpt-Isaiah	8:30am TRX-Kadi 9:30am Pilates-Tricia 10:30am SS Combo-Kadi 5:30pm Yoga-Lis			

**All classes, times and instructors are subject to change and/or cancellation.**

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