



JANUARY GROUP X CLASSES

01/2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 Classes resume Monday, January 6th.	3	4 POP UP CLASS 8:30AM-YOGA-LIS
5	6 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI INNER/BACK 5:30PM-YOGA-LIS	7 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	8 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO- BAILEY 5:30PM-YOGA-LIS	9 5:00AM-SCULPT-KADI QUADS/SHOULDERS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	10 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	11 8:30AM-YOGA-LIS
12	13 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI OUTTER/CHEST 5:30PM-YOGA-LIS	14 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	15 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO- Bailey 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	16 5:00AM-SCULPT-KADI HAMS/ARMS 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	17 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	18 8:30AM-YOGA-LIS
19	20 5:30PM-YOGA-LIS	21 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	22 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO- Bailey 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	23 5:00AM-SCULPT-KADI INNER/BACK 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA- LIS 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	24 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	25 8:30AM-YOGA-LIS
26	27 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI HAMS/SHOULDERS 5:30PM-YOGA-LIS	28 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	29 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS	30 5:00AM-SCULPT-KADI OUTTER/CORE 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA- LIS 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	31 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	