

January 2019

Group Fitness Schedule:



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No Classes! Happy New Years!	2 Cardio Drumming 10:30am-11:30am Step MADness 6:30pm-7:15pm	3 Circuit MADness 6:30pm-7:30pm	4 Cardio Drumming 10:30am-11:30am	5 Zumba 10:00am-11:00am
6	7 Cardio Drumming 10:30am-11:30am Zumba 6:30pm-7:30pm	8 Go M.A.D. Burst 6:30pm-7:15pm	9 Cardio Drumming 10:30am-11:30am Step MADness 6:30pm-7:15pm	10 Circuit MADness 6:30pm-7:30pm	11 Cardio Drumming 10:30am-11:30am	12 Cardio Drumming 10:00am-11:00am
13 Go M.A.D. Burst & Zumba Cancelled	14 Cardio Drumming 6:30pm-7:30pm	15	16 Step MADness 6:30pm-7:15pm	17 Circuit MADness 6:30pm-7:30pm	18 Cardio Drumming 10:30am-11:30am	19 Cardio Drumming 10:00am-11:00am
20	21 Cardio Drumming 10:30am-11:30am Cardio Drumming 6:30pm-7:30pm	22	23 Pop-Up Cardio Drumming 6:30pm-7:30pm	24 Circuit MADness 6:30pm-7:30pm	25 Cardio Drumming 10:30am-11:30am	26 Cardio Drumming 10:00am-11:00am
27	28 Cardio Drumming 6:30pm-7:30pm	29	30 Step MADness 6:30pm-7:15pm	31 Circuit MADness 6:30pm-7:30pm		