

# GROUP FITNESS/YOGA January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith	Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora SA Sarah Avett JB Janine Bithell CC Cindy Carlton AS Alyson Switzer SC Sandra Cox	1 Happy New Year!  <b>*NO Classes today*</b>	2 8:30 Yoga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 BARRE TS 5:15 Yoga TA 6:15 BODYPUMP JK 7:30 ZUMBA Sarah	3 5:15 BODYPUMP SL 9:10 HIIT TS 10:00 Pilates TS 12:00 BODYPUMP JK	4 8:30 Yoga MM 9:40 BODYPUMP CC 10:50 ZUMBA Sarah
5 1:30 ZUMBA Laurie 3:00 Yoga MM	6 5:15 BODYPUMP Angel 9:10 HIIT MM 10:00 BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 5:30 BARRE KP 6:30 HIIT Janine	7 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS	8 5:15 BODYPUMP JK 9:10 HIIT TS 12:00 BODYPUMP TS 5:30 BARRE CD 6:30 HIIT JM	9 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP JK 7:30 ZUMBA Sarah	10 5:15 BODYPUMP SL 9:10 HIIT TS 10:00 Pilates TS 12:00 BODYPUMP CC	11 Launching BODYPUMP 112 <b>*NO 8:30 Class today*</b> 9:40 BODYPUMP 112 the BP instructor team  10:50 ZUMBA Laurie
12 1:30 ZUMBA Sarah 3:00 Yoga TA	13 5:15 BODYPUMP Angel 9:10 HIIT KL 10:00 BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 5:30 BARRE TA 6:30 HIIT TS	14 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS	15 5:15 BODYPUMP JK 9:10 HIIT TS 12:00 BODYPUMP CC 5:30 BARRE CD 6:30 HIIT JM	16 8:30 Yoga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP JK 7:30 ZUMBA Sarah	17 5:15 BODYPUMP SL 9:10 HIIT Laurie 10:00 Stretch, Foam Roll & Recovery with JK 12:00 BODYPUMP JK	18 8:30 Yoga TA 9:40 BODYPUMP JK 10:50 ZUMBA Laurie
19 1:30 ZUMBA Sandra 3:00 Yoga TA	20 5:15 BODYPUMP CC 9:10 HIIT Janine 10:00 BARRE TA 11:00 Pilates KP 12:00 BODYPUMP JK 5:30 BARRE KP 6:30 HIIT Janine	21 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS	22 5:15 BODYPUMP CC 9:10 HIIT TS 12:00 BODYPUMP TS 5:30 BARRE KP 6:30 HIIT JM	23 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP JK 7:30 ZUMBA Sarah	24 5:15 BODYPUMP SL 9:10 HIIT TS 10:00 Pilates TS 12:00 BODYPUMP JK	25 8:30 Yoga MM 9:40 BODYPUMP Angel 10:50 ZUMBA Sandra
26 1:30 ZUMBA Laurie 3:00 Yoga MM	27 5:15 BODYPUMP Angel 9:10 HIIT MM 10:00 BARRE TA 11:00 Pilates TS 12:00 BODYPUMP TS 5:30 BARRE KP 6:30 HIIT Janine	28 8:30 Yoga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS	29 5:15 BODYPUMP JK 9:10 HIIT TS 12:00 BODYPUMP CC 5:30 BARRE CD 6:30 HIIT JM	30 8:30 Yoga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP JK 7:30 ZUMBA Sarah	31 5:15 BODYPUMP SL 9:10 HIIT Janine 10:00 Pilates KP 12:00 BODYPUMP JK	