

January



Aqua

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
				HAPPY NEW YEAR!	8:30-Intense Cardio-JEN
4 8-Aqua Spin- KB 8:30-H2Otherapy-DP 9-Liquid Cardio- KB 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM	5 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 4:15-Intense Cardio- KB	6 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns- MM	7 9:30-Intense Cardio-DAN 10:30-H2Otherapy-MK	8 8-Aqua Spin- MD 8:30-H2Otherapy- MM 9-Liquid Cardio- MD 10-Yoga/Stretch- MM	9 8:30-Intense Cardio-JEN
11 8-Aqua Spin- KB 8:30-H2Otherapy-DP 9-Liquid Cardio- KB 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM	12 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 4:15-Intense Cardio-KB	13 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- DAN 5:30-Abs & Buns-MM	14 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM	15 8-Aqua Spin- MD 8:30-H2Otherapy- MK 9-Liquid Cardio- MD 10-Yoga/Stretch- MD	16 8:30-Intense Cardio-JEN
18 8-Aqua Spin-KB 8:30-H2Otherapy-DP 9-Liquid Cardio-KB 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM	19 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 4:15-Intense Cardio-KB	20 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns-MM	21 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM	22 8-Aqua Spin- MD 8:30-H2Otherapy- MK 9-Liquid Cardio- MD 10-Yoga/Stretch- MD	23 8:30-Intense Cardio-JEN
25 8-Aqua Spin-KB 8:30-H2Otherapy-DP 9-Liquid Cardio-KB 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM	26 9:30-Intense Cardio-DAN 10:30-H2Otherapy- MK 4:15-Intense Cardio-KB	27 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns-MM	28 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM	29 8-Aqua Spin- MD 8:30-H2Otherapy- MM 9-Liquid Cardio- MD 10-Yoga/Stretch- MM	30 8:30-Intense Cardio-JEN