



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	GYM CLOSED 1	2	3	4	5	6		
30 min. PT sessions, unlimited X-Core, Group classes, nutritional consultation - Only \$40! HELL WEEK January 7-14 Valid for current & new members 		T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training*	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	No Piyo Today!** T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill 10:15am Fight Club - Andie		
	7	8	9	10	11	12		
		8:00am Body Chisel-Chad 2:00 pm Kickboxing-Reco 9:30am Club Vibe-Jill	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training*	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am TurboKick-Meredith 10:15am Fight Club - Andie	
	HELLWEEK MODE 	T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne						
		14	15	16	17	18	19	
			8:00am Body Chisel-Chad 9:30am Club Vibe-Ashley 2:00 pm Kickboxing-Reco T 9:30am X-Core Cross Training** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:00am X-Core Cross Training* 9:00am Special Class T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am Special Class 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill 10:15am Fight Club - Andie
		21	22	23	24	25	26	
	8:00am Body Chisel-Chad 9:30am Club Vibe-Jill 2:00 pm Kickboxing-Reco T 9:30am X-Core Cross Training** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am TurboKick-Meredith 10:15am Fight Club - Andie		
28	29	30	31					
	8:00am Body Chisel-Chad 9:30am Club Vibe-Jill 2:00 pm Kickboxing-Reco T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie					
				Gym Schedule (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: 11am-4pm *Add'l charge for X-Core **can attend X-Core when class is cancelled				

