



# JANUARY

# Happy New YOU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<b>New Class Starting January 9!!!</b> <b>SPIN ZONE</b> <b>Wednesdays - 9:30 AM</b> <b>Welcome Lisa Botwin!!</b>		<b>CLOSED</b>	8:30am Yoga Flow	6:00am X-Core Training*	8:30am Core Flow	8:30am X-Core Training*
			9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
				6:15pm DanceJam MakeUP		10:15am Boxing B.C - Andie
			6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
6	7	8	9	10	11	12
<b>***OPEN***</b> <b>Winter Hours</b> <b>11AM - 3PM</b>	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:30am SPIN Zone - Lisa B			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*					
6:45pm Yoga Flow						
13	14	15	16	17	18	19
<b>***OPEN***</b> <b>Winter Hours</b> <b>11AM - 3PM</b>	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:30am SPIN Zone - Lisa B			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle					
	6:30pm X-Core Training*	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
6:45pm Yoga Flow-Niki						
20	21	22	23	24	25	26
<b>***OPEN***</b> <b>Winter Hours</b> <b>11AM - 3PM</b>	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:30am SPIN Zone - Lisa B			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle	7:00pm DanceJam - Lisa				
	6:30pm X-Core Training*		6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
6:45pm Yoga Flow						
27	28	29	30	31		
<b>***OPEN***</b> <b>Winter Hours</b> <b>11AM - 3PM</b>	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	<b>** IMPORTANT **</b> Please use your <b>SFX App</b> to check in to classes.  If you need any help with the app, please see the Front Desk!!	
	9:30am X-Core Training*	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara		
			9:30am SPIN Zone - Lisa B			
	5:30pm Muscle Mania-Mizelle	7:00pm DanceJam - Lisa		6:30pm X-Core Training*		
	6:30pm X-Core Training*		6:30pm HIIT Boxing - Andie			
6:45pm Yoga Flow-Niki						
	<b>*Additional Charge for X-Core Training</b>		<b>If any group class is cancelled, you may attend X-Core that day for FREE!!!!</b>		<b>GYM HOURS</b> (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: 11am - 3pm	