


Seniors

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	3 9:30 Yoga {upstairs} Rebecca	4 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	5
6	7 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	8	9 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	10 9:30 Yoga {upstairs} Rebecca	11 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	12
13	14 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	15	16 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	17 9:30 Yoga {upstairs} Rebecca	18 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	19
20	21 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	22	23 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	24 9:30 Yoga {upstairs} Rebecca	25 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	26
27	28 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	29	30 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	31 9:30 Yoga {upstairs} Rebecca		