


Upstairs

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 8:30 Cardio Int. Meredith	3 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	4	5 9:00 HIIT Training Joanna
6	7 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	8 5:30 Cut-N-Sweat Kaden	9 8:30 Cardio Int. Meredith	10 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	11	12 9:00 HIIT Training Meredith
13	14 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	15 5:30 Cut-N-Sweat Kaden	16 8:30 Cardio Int. Meredith	17 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	18	19 9:00 HIIT Training Joanna
20	21 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	22 5:30 Cut-N-Sweat Kaden	23 8:30 Cardio Int. Meredith	24 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	25	26 9:00 HIIT Training Mamie Jo
27	28 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	29 5:30 Cut-N-Sweat Kaden	30 8:30 Cardio Int. Meredith	31 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden		