

# Downstairs Schedule

## January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 5:15 am MX Terry 12:10 Step & Spin Michelle	3 12:10 Cut-N-Tone Michelle	4 12:10 H.I.I.T. Michelle	5
6	7 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	8 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	9 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	10 12:10 Cut-N-Tone Michelle	11 12:10 H.I.I.T. Michelle	12
13	14 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	15 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	16 5:15 am MX Terry 12:10 Step & Spin Michelle	17 12:10 Cut-N-Tone Michelle	18 12:10 H.I.I.T. Michelle	19
20	21 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	22 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	23 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	24 12:10 Cut-N-Tone Michelle	25 12:10 H.I.I.T. Michelle	26
27	28 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	29 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	30 5:15 am MX Terry 12:10 Step & Spin Michelle	31 12:10 Cut-N-Tone Michelle		