

Upstairs

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAPPY NEW YEAR	2 5:30 Cut-N-Sweat Sandy	3 8:30 Cardio Int. Meredith	4 5:30 Cut-N-Sweat Sandy	5 9:30 Total Core Sandy	6 9:00 HIIT Training Meredith
7	8 9:30 Cut-N-Tone Sandy 5:45 HIIT Gloria	9 5:30 Cut-N-Sweat Sandy	10 8:30 Cardio Int. Meredith	11 5:30 Cut-N-Sweat Sandy	12 9:30 Total Core Sandy	13 9:00 HIIT Training Gloria
14	15 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	16 5:30 Cut-N-Sweat Sandy	17 8:30 Cardio Int. Meredith	18 5:30 Cut-N-Sweat Sandy	19 9:30 Total Core Sandy	20 9:00 HIIT Training Joanna
21	22 9:30 Cut-N-Tone Sandy 5:45 HIIT Gloria	23 5:30 Cut-N-Sweat Sandy	24 8:30 Cardio Int. Meredith	25 5:30 Cut-N-Sweat Sandy	26 9:30 Total Core Sandy	27 9:00 HIIT Training Gloria
28	29 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	30 5:30 Cut-N-Sweat Sandy	31 8:30 Cardio Int. Meredith			