

January 2023 Group Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	4 9:05 AM Senior Class -Marine 4:30 PM Bootcamp - Jodi	5 8:00 AM Body Blast - Janet 9:05 AM Senior Class -Marine	6 5:15 AM Lower Body Focus -Jodi 9:05 AM Senior Class - Lucy	7 8:00 AM Spin & Sculpt - Lucy
8	9 5:15 AM HIIT Squad -Jodi 2:00 PM Low Impact/Weight Building - Nancy	10 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	11 9:05 AM Senior Class -Marine 2:00 PM Low Impact/Weight Building - Nancy 4:30 PM Bootcamp - Jodi	12 8:00 AM Body Blast - Janet 9:05 AM Senior Class -Marine	13 5:15 AM Upper Body Focus -Jodi 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	14 8:00 AM Up & At 'Em - Lucy
15	16 2:00 PM Low Impact/Weight Building - Nancy	17 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	18 2:00 PM Low Impact/Weight Building - Nancy 4:30 PM Bootcamp - Jodi	19 8:00 AM Body Blast - Janet	20 5:15 AM Lower Body Focus -Jodi 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	21
22	23 5:15 AM HIIT Squad -Jodi 2:00 PM Low Impact/Weight Building - Nancy	24 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy	25 9:05 AM Senior Class -Marine 2:00 PM Low Impact/Weight Building - Nancy 4:30 PM Bootcamp - Jodi	26 8:00 AM Body Blast - Janet 9:05 AM Senior Class -Marine	27 5:15 AM Upper Body Focus -Jodi	28
29	30 5:15 AM HIIT Squad -Jodi 2:00 PM Low Impact/Weight Building - Nancy	31 8:00 AM LALA - Lucy 9:05 AM Senior Class - Lucy				