

January 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 6:15-7am	 6:30-7am	 6:30-7am	 6:15-7am	 6:30-7am	
8:30am	 8:30-9:30am		 8:30-9:30am		 8:30-9:30am	
9am	 9:05-10:05am	 8:30-9am		 8:30-9am	 9:05-10:05am	
	 9:05-10:05am	 9am-9:30am	 9:05-10:05am	 9:05-9:50am	 9:05-10:05am	
10am	 10:15-11:15am				 10:15am-11:15am	
12:10pm	 12:10-12:50pm	 12:10-12:50pm	 12:10-12:50pm	 12:10-12:45pm	<p>Tuesday Early Morning Classes will alternate between</p> <p>BodyPump 1/2-1/16-1/30 & Core 1/9-1/23</p>	
4:30pm	 5:30-6:30pm	 5-6pm	 5:30-6pm	 5-6pm		
6pm			 6-6:50pm			

-Schedule Reminders-

No Classes

Monday, January 1st

or

Monday, January 15th- Martin Luther King Day

Active Kid Care Hours

Monday- Fridays- 8:30am-11:30am

Monday-Wednesday 5:10p-7pm

All Early Morning Classes require 24/7 Membership Access to attend.

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