



January 2019 Fitness Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day Facility Closed 	2 Open	3 Open	4 Open	5 Open
6 Open	7 10am-11am Cardio- Kickboxing 6:30pm - 7:30pm Zumba	8 10am - 11am Tai Chi - Laughter Yoga	9 10am-11am Cardio-Kickboxing 6:30pm - 7:30pm Zumba	10 10am - 11am Tai Chi - Laughter Yoga	11 Open	12 8am-9:20am Core & Stretch
13 Open	14 10am-11am Cardio- Kickboxing 6:30pm - 7:30pm Zumba	15 10am - 11am Tai Chi - Laughter Yoga	16 10am-11am Cardio-Kickboxing 6:30pm - 7:30pm Zumba	17 10am - 11am Tai Chi - Laughter Yoga	18 Open	19 8am-9:20am Core & Stretch
20 Open	21 10am-11am Cardio- Kickboxing 6:30pm - 7:30pm Zumba	22 10am - 11am Tai Chi - Laughter Yoga	23 10am-11am Cardio-Kickboxing 6:30pm - 7:30pm Zumba	24 10am - 11am Tai Chi - Laughter Yoga	25 Open	26 8am-9:20am Core & Stretch
27 Open	28 10am-11am Cardio- Kickboxing 6:30pm - 7:30pm Zumba	29 10am - 11am Tai Chi - Laughter Yoga	30 10am-11am Cardio-Kickboxing 6:30pm - 7:30pm Zumba	31 10am - 11am Tai Chi - Laughter Yoga		

**Times not designated are for “Open Use”
 However, the schedule could change without prior notice.**