

JANUARY GROUP FITNESS AND BODYSHOCK BOOTCAMP SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
4:45am		SPIN-KW		SPIN-KW				
5:00am		BODYSHOCK BOOTCAMP	SPIN - KD		BODYSHOCK BOOTCAMP	8:00am	BODYFLOW -KD/LC	
5:00am	BODYPUMP-KD		BODYPUMP - MA	BODYCOMBAT-SS	BODYPUMP-MA/TB	8:00am	SPIN-PC	
8:15am	BODYPUMP-SB	BODYFLOW - KD	BODYPUMP-TG	SPIN-TG	BODYPUMP-KD	9:00am	BODYPUMP- TG	
9:30am		8:30AM - BODYSHOCK BOOTCAMP			BODYSHOCK BOOTCAMP-KD	9:00am	SPIN-KD	
12:00pm	BODYPUMP-TE		BODYPUMP-TB/LG		BODYPUMP-LG/TB	10:15am	ZUMBA-YB	3PM - ZUMBA - SF
3:45pm		BODYPUMP XPRESS - KC		BODYPUMP XPRESS - KC		11:30am	YOGA for beginners/stretching	
4:30pm	BODYCOMBAT-MA	SPIN -TG	BODYPUMP- SB	STEP CIRCUIT - TG			This class is a monthly fee.	
4:30pm		BODYSHOCK BOOTCAMP		BODYSHOCK BOOTCAMP	JANUARY ROUND OF BOOTCAMP WILL BE TUES, JAN 3 - FRIDAY, JAN 27. CLASS TIMES ARE INCLUDED ON THIS SCHEDULE. PLEASE NOTE.....IF A GROUP FITNESS CLASS HAS 2 OR LESS PARTICIPANTS, IT WILL BE CANCELLED.			
5:30pm	BODYPUMP-LG	BODYCOMBAT-SB	BODYFLOW-SB	BODYCOMBAT-LM/LC				
5:30pm	SPIN-KD	SPIN-SK		SPIN-SK				
5:30pm	BODYSHOCK BOOTCAMP			BODYSHOCK BOOTCAMP				
6:30pm	BODYFLOW - KD	KICKBOXING-HL	STEP CIRCUIT - LM	BODYFLOW -LC				
6:45pm		BODYSHOCK BOOTCAMP		BODYSHOCK BOOTCAMP				
7:40pm	CRUNK- MB		ZUMBA-YB					