

# January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua					
	1 <b>Happy New Year!</b>	2 8-Aqua Spin- MM 8:30-H2Otherapy-MK 9-Liquid Cardio- MM 10-Pilates- MM 5:30-Abs& Buns-MM <b>6:30-Aqua Tri-MM</b>	3 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MK <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	4 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	5 8-Intense Cardio- CD
7 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-MOL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy-LC	8 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN <b>10:30-Aqua Tri- MM</b>	9 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	10 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	11 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	12 8-Intense Cardio-CD
14 8-Aqua Spin-MD 8:30-H2Otherapy- DP 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC	15 8:30-H2Otherapy-MOL 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN <b>10:30-Aqua Tri- MM</b>	16 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10- Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	17 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	18 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	19 8-Intense Cardio-CD
21 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- MK 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC	22 8:30-H2Otherapy- DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Aqua Tri- MM</b>	23 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	24 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	25 8:30-H2Otherapy-DP 9-Liquid Cardio- MM 10-Yoga/Stretch-MM <b>10-NO Boga Class Today</b>	26 8-Intense Cardio-CD
28 8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-DAN 10:30-H2Otherapy-MOL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC	29 8:30 H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN <b>10:30-Aqua Tri- MM</b>	30 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs & Buns- MM <b>6:30-Aqua Tri- MM</b>	31 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	-Water shoes highly recommended for classes -Must have 6 people to sustain classes.	