

JANUARY 2025



** schedule/class formats subject to change based on demand

	Mon 01/06	Tue 01/07	Wed 01/08	Thu 01/09	Fri 01/10
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines	6:00PM - 6:30PM HIIT (J)	
	Mon 01/13	Tue 01/14	1/15/25	Thu 01/16	Fri 01/17
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines	6:00PM - 6:30PM HIIT (J)	
	Mon 01/20	Tue 01/21	1/22/25	Thu 12/26	Fri 12/27
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	12:00PM - 1:00PM Midweek Machines	6:00PM - 6:30PM HIIT (J)	
	Mon 01/27	Tue 01/28	1/29/25	Thu 01/30	Fri 01/31
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 6:00PM Kickboxing (J)	5:00PM - 5:45PM Strength Mix (J)	6:00PM - 6:30PM HIIT (J)	

(J) Jolyne (T) Tami

Classes are drop-in welcome! Members are added to groups for specific comms & schedule changes.