

January 2nd-February 5th, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00am-10:00am Spartan Training w/ Fitness Staff			9:00-9:30am  With Lindsey	9:00-10:00am  With Kory
					9:30-10:00am Booty Barre With Lindsey	
12:00-12:30pm Booty Barre With Lindsey	12:00-12:30pm  With Lindsey	12:00-12:30pm Booty Barre With Lindsey	12:00-12:30pm  With Lindsey	12:00-12:30pm Ratchet  With Lindsey		
12:35-1:05pm Monday MixUp w/ Fitness Staff	12:35-1:05pm Cardio Barre With Kory	12:35-1:05pm Relief & Recovery With Kory	12:35-1:05pm Cardio Barre With Kory	12:35-1:05pm Fitness Friday w/ Fitness Staff		
					there is no better time than now to start living healthy.	
6:30-7:30pm  With Corbett	6:30-7:30pm  With Kory	6:30-7:30pm  With Corbett	6:30-7:30pm  With Kory			
7:35-8:00pm D.B. Circuits With Thomas	7:35-8:00pm H.I.I.T. With Thomas	7:35-8:00pm D.B. Circuits With Thomas	7:35-8:00pm H.I.I.T. With Thomas			