

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>HAPPY NEW YEAR! CLOSED FOR WINTER BREAK</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	
	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	
	<b>Gentle Yoga Flow</b> (Elaine) 12.00 p.m. - 12.45 p.m. <b>Vinyasa Yoga Flow</b> (Elaine) 5.30 p.m. - 6.30 p.m. <b>Small Group Training</b> (Samuel T.) 6.30 p.m. - 7.30 p.m.	<b>Sweat 45 Circuit</b> (Aashritha) 12.00 p.m. - 12.45 p.m. <b>*Strong by Zumba</b> (HIITZ) (Meta) 5.30 p.m. - 6.30 p.m.	<b>HIIT &amp; Kick</b> (Rena) 12.00 p.m. - 12.45 p.m. <b>Zumba Toning</b> (Stephanie) 5.30 p.m. - 6.30 p.m. <b>Small Group Training</b> (Samuel T.) 6.30 p.m. - 7.30 p.m.	<b>Tai Chi</b> (James) 12.00 p.m. - 12.45 p.m. <b>Small Group Training</b> (Aashritha) 12.00 p.m. - 12.45 p.m. <b>Cardio Dance Party</b> (Stephanie) 5.30 p.m. - 6.30 p.m.	<b>Kung Fu Kardio</b> (James) 12.00 p.m. - 12.45 p.m. <b>Kung Fu Kardio</b> (James) 5.30 p.m. - 6.30 p.m.	
	<b>MLK DAY NO CLASSES</b>	<b>Sweat 45 Circuit</b> (Aashritha) 12.00 p.m. - 12.45 p.m. <b>*Strong by Zumba</b> (HIITZ) (Meta) 5.30 p.m. - 6.30 p.m.	<b>HIIT &amp; Kick</b> (Rena) 12.00 p.m. - 12.45 p.m. <b>Zumba Toning</b> (Stephanie) 5.30 p.m. - 6.30 p.m. <b>Small Group Training</b> (Samuel T.) 6.30 p.m. - 7.30 p.m.	<b>Tai Chi</b> (James) 12.00 p.m. - 12.45 p.m. <b>Small Group Training</b> (Aashritha) 12.00 p.m. - 12.45 p.m. <b>Cardio Dance Party</b> (Stephanie) 5.30 p.m. - 6.30 p.m.	<b>Kung Fu Kardio</b> (James) 12.00 p.m. - 12.45 p.m. <b>Kung Fu Kardio</b> (James) 5.30 p.m. - 6.30 p.m.	
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