

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
JANUARY 2019 Fitness Calendar/Class Schedule							
** Classes are for all fitness levels, ages 14 and up** *** Classes are 50 minutes long***		1 12pm Strength 1pm Abs & Stretch 3pm Endurance 4pm Abs & Stretch	2 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	3 3pm Endurance 4pm Abs & Stretch	4 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	5 9am Yoga Mangrove Suite 11am Endurance 12pm Abs & Stretch	
	6	7 9am Yoga Mangrove Suite	8 12pm Strength 1pm Abs & Stretch 3pm Endurance 4pm Abs & Stretch	9 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	10 3pm Endurance 4pm Abs & Stretch	11 9am Yoga Mangrove Suite 9am Strength 10am Abs & Stretch	12 9am Yoga Mangrove Suite 11am Endurance 12pm Abs & Stretch
	13	14 9am Yoga Mangrove Suite	15 12pm Strength 1pm Abs & Stretch 3pm Endurance 4pm Abs & Stretch	16 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	17 3pm Endurance 4pm Abs & Stretch	18 9am Yoga Mangrove Suite 9am Strength 10am Abs & Stretch	19 9am Yoga Mangrove Suite 11am Endurance 12pm Abs & Stretch
	20	21 9am Yoga Mangrove Suite	22 12pm Strength 1pm Abs & Stretch 3pm Endurance 4pm Abs & Stretch	23 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	24 3pm Endurance 4pm Abs & Stretch	25 9am Yoga Mangrove Suite 9am Strength 10am Abs & Stretch	26 9am Yoga Mangrove Suite 11am Endurance 12pm Abs & Stretch
	27	28 9am Yoga Mangrove Suite	29 12pm Strength 1pm Abs & Stretch 3pm Endurance 4pm Abs & Stretch	30 9am Yoga Mangrove Suite 11am Strength 12pm Abs & Stretch	31 3pm Endurance 4pm Abs & Stretch		***Times and location are subject to change***