



# January GX Room Schedule

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		BODY PUMP Brittany	See Studio	STRONG Rosa	See Studio		
9:15am			CXWORX Melissa L		CXWORX Janelle		
9:30am		BODY PUMP Andrea		HIGH FITNESS Tara		BODY PUMP Janelle	RIP INTERVAL D'Lynn
10:00am			BARRE Amber		BARRE Britney		
5:45pm		BODY PUMP Christy	CXWORX Jody	BODY PUMP Melissa L	BARRE Kim		

# January Studio Room Schedule

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		See GX Room	ELEVATE Gina	See GX Room	ELEVATE Emily		
8:30am		YOGA SCULPT Jenn	ELEVATE Stephanie	YOGA Angie	ELEVATE Stephanie	SLOW FLOW YOGA Jenn	ELEVATE Amber/Elvis
11:00am							VINYASA FLOW Sandi
12:00pm			ELEVATE Amber		ELEVATE Brianna		
2:00pm	ELEVATE Gina						
5:45pm			ELEVATE Janelle		SEE GX ROOM		
6:15pm		VINYASA FLOW Rachel		VINYASA FLOW Jenn			