



JANUARY GX SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		BODY PUMP Brittany		STRONG Rosa		Total Body Tone Brittany	
8:30 AM				BODY PUMP Katie		HIGH FITNESS Brianna	HIGH FITNESS Mina
9:30 AM		BODY PUMP Katie	Les Mills CORE Melissa L	HIGH FITNESS Melleny	Les Mills CORE Janelle	BODY PUMP Janelle	PUMP INTERVAL D'Lynn
10:30 AM		HIGH FITNESS Brianna		Stretch & Recover Brianna			
5:45 PM			HIGH FITNESS Mina	BODY PUMP Melissa L	HIGH FITNESS Melleny		
6:00 PM		BODY PUMP Christy					