



# JANUARY STUDIO SCHEDULE

Please call 806-687-6080 or come by the front desk to make a reservation for Elevate, Jump and Ignite 60 classes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Classes with a * Require Reservation		* ELEVATE Sandi		* ELEVATE Emily		
8:30 AM		BARRE Summer (GX Room)	* ELEVATE Mary	YOGA Angie	* ELEVATE Mary	SLOW FLOW YOGA Melissa	* ELEVATE Amber
9:00 AM			* JUMP Katie (GX Room)		* JUMP Ashley (GX Room)		
9:30 AM		IGNITE 45 Elizabeth (Turf) * ELEVATE Brianna		IGNITE 45 Elizabeth (Turf) * ELEVATE Janelle		* IGNITE 60 Mary/Elizabeth (Turf) * ELEVATE Brianna	* IGNITE 60 Mary (Turf)
10:00 AM			BARRE Brianna (GX Room)		BARRE Nikki (GX Room)		
10:30 AM		Yoga Sculpt Caity					VINYASA FLOW Sandi
11:00 AM			KICKBOXING Elizabeth (GX Room)				
2:00 PM	* Elevate Gina						
5:00 PM		KICKBOXING Maddie (GX Room)					
5:45 PM			* IGNITE 60 Alexia (Turf)		* IGNITE 60 Maddie (Turf)		
6:00 PM		VINYASA FLOW Rachel					