

January 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			No group fitness. Happy New Year!	7:25a Strength 8:30a Strength 5:30p Fitness 101	8:30a Flexibility 10:30a Fitness 101	9a Pietra Fitness 10:15a Core Conditioning
5	6	7	8	9	10	11
	8:30a Flexibility 9:30a Strength 5:30p Fitness 101	7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	9:30a Core Conditioning 10:30a Fitness 101	7:25a Strength 8:30a Strength 5:30p Fitness 101	8:30a Flexibility 10:30a Fitness 101	9a Pietra Fitness 10:15a Core Conditioning
12	13	14	15	16	17	18
	8:30a Flexibility 9:30a Strength 5:30p Fitness 101	7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	9:30a Core Conditioning 10:30a Fitness 101	7:25a Strength 8:30a Strength 5:30p Fitness 101	8:30a Flexibility 10:30a Fitness 101	9a Pietra Fitness 10:15a Core Conditioning
19	20	21	22	23	24	25
	8:30a Flexibility 9:30a Strength 5:30p Fitness 101	7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	9:30a Core Conditioning 10:30a Fitness 101	7:25a Strength 8:30a Strength 5:30p Fitness 101	8:30a Flexibility 10:30a Fitness 101	9a Pietra Fitness 10:15a Core Conditioning
26	27	28	29	30	31	
	8:30a Flexibility 9:30a Strength 5:30p Fitness 101	7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	9:30a Core Conditioning 10:30a Fitness 101	7:25a Strength 8:30a Strength 5:30p Fitness 101	8:30a Flexibility 10:30a Fitness 101	

January 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9a Pilates	2 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	3 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	4 8:25a Pilates 9:15a Pilates
5	6 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	7 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	8 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	9 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	10 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	11 9:15a Pilates
12	13 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	14 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	15 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	16 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	17 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	18 9:15a Pilates
19	20 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	21 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	22 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	23 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	24 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	25 8:25a Pilates 9:15a Pilates
26	27 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	28 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	29 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	30 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	31 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	