

JANUARY FITNESS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		Power Spin Elba		Power Spin Elba	Spin Elba	
10:00 AM	Total Booty By Sharon (Additional fee Required)	HIIT Elba		HIIT Elba	HIIT Elba	Spin Elba
11:00 AM	HIIT Elba		HIIT Elba	Total Booty By Sharon (Additional fee Required)		MMA (Additional fee Required)
5:00 PM				Kickboxing Isaiah		
5:30 PM	Boot Camp Elba					
6:30 PM	MMA (Additional fee Required)	MMA (Additional fee Required)	MMA (Additional fee Required)	MMA (Additional fee Required)		



*New Year
New Me!*